The CRAZY WISDOM Monthly

#136
June 2024

Dr. John and
Jackie Farah,
Owners of
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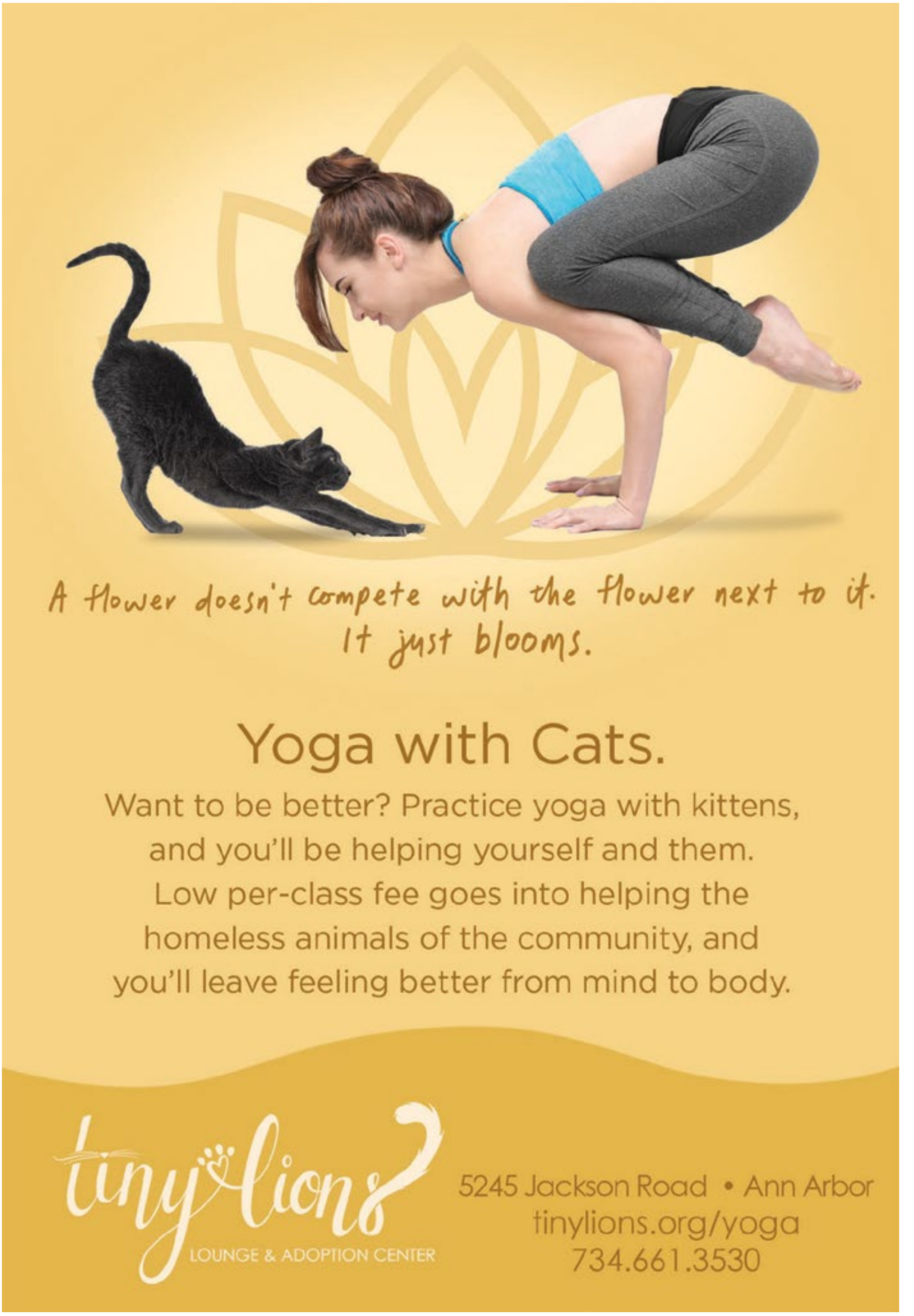
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Born during the pandemic, *The Crazy Wisdom Monthly* seeks to represent the voices of our community in a timely and entertaining manner. We welcome articles, interviews, recipes, wisdom, personal essays, breathing exercises, beautiful art and photos, favorite places for socially distant walks, news of your dogs, or musings on current events. Send your submission to Jennifer@crazywisdom.net.

Word of the Month:
Novaturient

Desiring or seeking powerful change in one's life, behavior, or situation.

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Dr John and Jackie Farah featured in *The Crazy Wisdom Community Journal* issue #86. Photo by Sam Teresky.

Dive into our latest issue !

The Crazy Wisdom Community Journal

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•Jody Tull, Long-Time Ann Arbor Yogi
• Rhythm: Good for What Ails You
•Pokeweed Hekate
• Sadist Summer Camp
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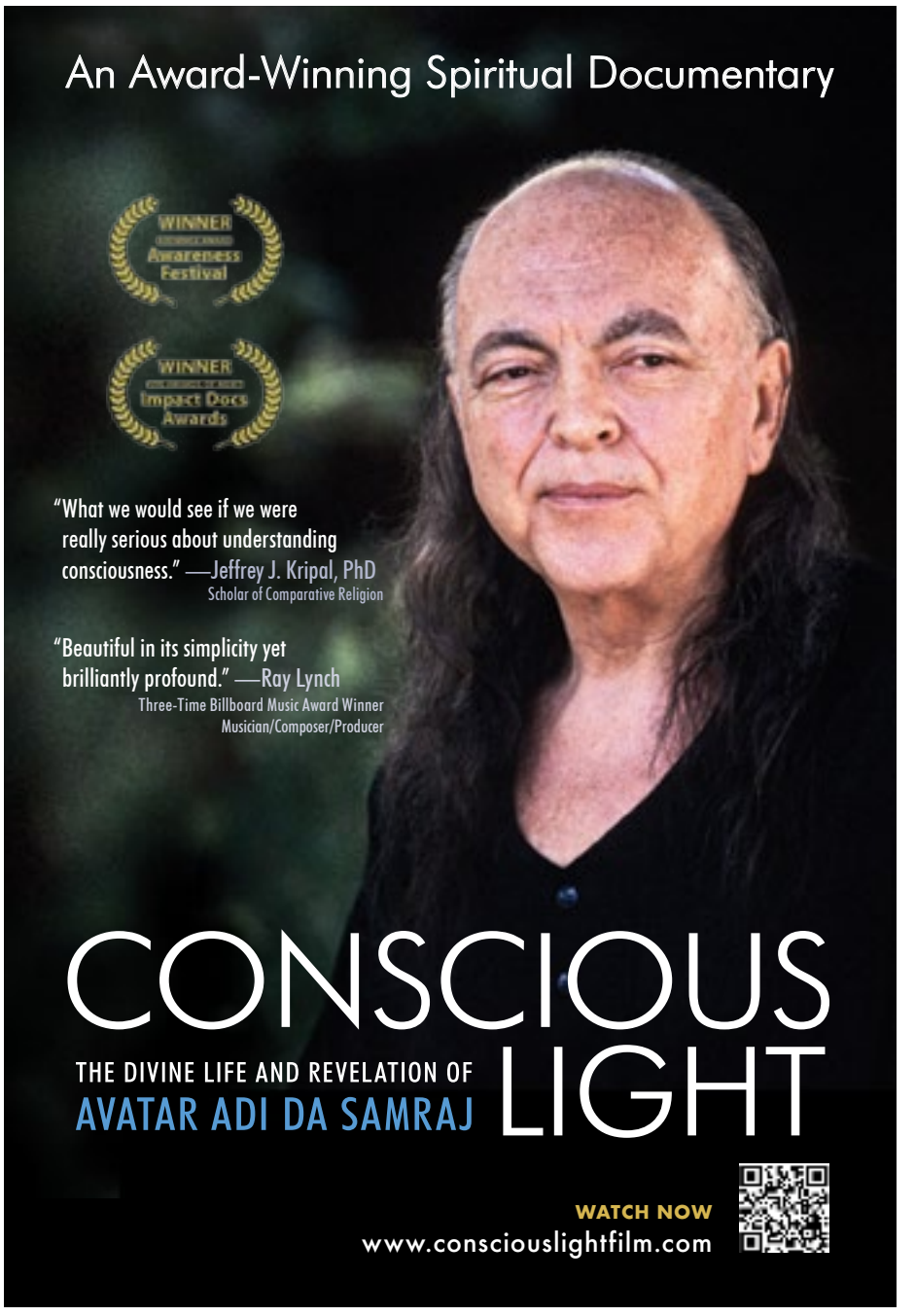
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23rd Annual VegFest Returns to Historic Eastern Market on Sunday, June 2

By Paul Krause

The nonprofit VegMichigan will host its 23rd annual VegFest, the state's largest plant-based event at the historic Eastern Market with nearly 100 vendors, including popular plant-based restaurants, 15 food trucks, specialty items, and eco-friendly shopping! Additionally, attendees can enjoy cooking demonstrations, presentations, free plant-based food samples, live music, and fun for the kids! VegFest also features free massages from Irene's Myomassology, one of the event sponsors. Admission is free to the public.

The event takes place on Sunday, June 2, from 10:00 a.m.- 4:00 p.m. This family-friendly event is expected to draw close to 10,000 people to Detroit. With the growing popularity of plant-based eating and the fun and inclusive atmosphere, everyone is welcome and sure to have a great time. Whether someone is completely new to plant-based eating or a longtime vegan, they will find a wide variety of healthy foods, comfort options, and sweet treats to enjoy.

Cooking demonstrations and presentations kick off at 10:30 a.m. with local celebrity chef Quiana "Que" Rice from Cooking With Que and will continue throughout the day. TV personality Dan McKernan from Barn Sanctuary will also speak.

VegMichigan President Tom Progar shared Plant-based eating continues to grow in popularity as people learn about its many benefits, including improved health and the health of the planet. Plus, there is so much delicious food to enjoy. Come out to VegFest to see what all the excitement is about.

Eastern Market is located at 2934 Russell St, Detroit, MI 48207. There is plenty of free parking. The event takes place in Sheds 5 and 6, right next to Eastern Market's Sunday Street Market in Sheds 2, 3, and 4.

Unburger is the title sponsor of VegFest. Come and enjoy one of their famous plant-based burgers. Other sponsors include The Old Shillelagh, Detroit Jerky, Veggies Abroad, Irene's Myomassology Institute, and A Well-Fed World

For more details, visit vegmichigan.org. Follow updates on FB and IG @VegMichigan.

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EATING FOR THE CLIMATE

By Crysta Coburn

The organic farming movement began in the 1940s. People looked around at the rapid evolution of farming equipment and techniques and became concerned by increased soil erosion, a decrease in the quality of food, and a diminishing variety of the crops being grown. All of these and more are issues that followed us into the 21st century and continue to be hot topics today. So many people now follow an organic food diet that it is common to see these products side by side with their "conventional" counterparts on grocery shelves. Most consumers would agree that organically grown food is a boon for the environment.

But how truly environmentally friendly is any product that is shipped across a continent by vehicles powered by fossil fuels? Both the process of obtaining fossil fuels and their emissions are major contributors to water and air pollution. To add to this, many of the organic and all natural (whatever that means) brands are not independent, but owned by major corporations such as Pepsi, Coca-Cola, Post, Kellogg, and Kraft Heinz, none of which are bastions of ecological sustainability.

What does a person who wants to do right by the environment do in a world determined to commercialize every good intention?

What does a person who wants to do right by the environment do in a world determined to commercialize every good intention? Which foods are the best to buy for our own health as well as the planet's? It might feel impossible, but there are some guiding principles that may offer genuine assistance in meeting these multiple standards.

Climate conscious eating means making decisions about the food you buy and consume based on its sustainability and carbon footprint. This includes foods that are processed as little as possible and few animal products. Even in industrial agriculture, plants generally require fewer resources to raise than animals. They are also not grown in overcrowded pens and sheds, and unlike animals, plants don't mind staying in one place all their lives (though they might need to spread their leaves a little). Nor do they pollute groundwater with their feces and urine, which is as serious a concern to human health as the runoff from chemical fertilizers.

This is not to say that animals cannot be raised humanely using sustainable practices, and it is true that some plants are thirstier than others or are being grown in inappropriate landscapes. (Looking at you, almonds!) Choosing sustainably raised meat, dairy, and eggs over factory farm-raised would be an example of climate conscious eating. The closer to home your food was raised the better as well. Being driven 20 miles uses up a lot less gasoline than 2,000. This is the relative distance from Michigan to the West Coast where a lot of produce is grown. Fruits and vegetables also lose nutrition while they sit and wait to be eaten; therefore, the closer you are to the source, the less time it is sitting aroundand the more nutrients you will consume.

Packaging is another thing to keep an eye out for when making climate conscious decisions. Unpackaged fruits and vegetables, for instance, are preferable to those wrapped in plastic. Making use of reusable bags, especially ones made from biodegradable materials like cloth, is another step. For those concerned about produce rattling around on its own rather than wrapped in its own produce bag, reusable produce bags are also available for purchase.

It might be tempting to buy all of these supplies online, but remember, online purchases are likely to have hefty carbon footprints. The number of items made in China and shipped across the Pacific to the United States is unimaginably huge, and the impact on the environment when buying from foreign countries, is not slight.

This is not to say that animals cannot be raised humanely using sustainable practices, and it is true that some plants are thirstier than others or are being grown in inappropriate landscapes. (Looking at you, almonds!)

A better option would be to get to know your local farmers markets, whether weekly or one with a permanent location such as Argus Farm Stop in Ann Arbor and Agricole Farm Stop in Chelsea. Signing up with a local farm offering a CSA (Community Supported Agriculture) program is another terrific option. If these are not options near you, pay attention to where the food in grocery stores like Meijer and Kroger come from. Question whether or not a particular food is actually in season. Strawberries in winter probably traveled to Michigan from California. Most avocados come to the U.S. from Mexico. Consider this when planning your menu.

But you needn't go entirely without the foods you love. Take coffee, which is a tropical plant. Michigan is located far from the tropics. However, there are several Michigan-based roasteries that partner with sustainable growers who fairly compensate their workers.

There is no getting around the fact that we live in a global society and daily enjoy things that came to us from far away. But if we try, we can support a more sustainable chain of production.

Some key points of climate conscious eating are:

- Follow a majority plant-based diet.
- Consume minimally processed foods and beverages.
- Choose products with as little packaging as possible.
- Source as locally as you are able.
- Eat foods that are in season.
- Support sustainable farming practices.

And not everything has to be organic. An apple grown with more conventional techniques in your own county isn't necessarily worse for the environment than one that was grown organically and rode on a truck for 2,000 miles. There is no perfect answer, but there are choices we can make every day to lessen our individual impact as well as support those who are trying to change an unsustainable system. If we don't, the planet is going to continue to warm, and the challenges that our food system already faces, such as drought, flooding, and soil erosion, will continue to worsen.

From Our Cover

imagine FITNESS & YOGA

Getting and Staying Fit with Support and Community

Dr. John Farah and his wife Jackie

By Sandor Slomovits

It was a fall day in 2014. Dr. John Farah, at the midpoint of a ten-mile training run, tapped the wall of the State Theater before heading back to his home on the west side of Ann Arbor—a little tradition he originated with his running buddies—when a thought came to him: Imagine would be the perfect name for the fitness, yoga gym, and studio he and his wife had been planning to open. "It's a word I've always loved," he wrote in his recently published memoir, also titled *Imagine*. "It represents so many of the principles that have guided my life…inspiration, flexibility. The power of thinking in new and challenging ways."

It is not surprising that Dr. Farah got the idea for the name of the fitness and yoga center while on a long run. After all, he has been an athlete and a fitness enthusiast for most of his life. He has run competitive distance races, including more than 100 marathons for decades—19 of them in the famed Boston Marathon. (For several years and last summer at age 79, he ran the Crim which is a 10-mile race in Flint.) He's also been a sailor, a skier, snowshoer, and bicyclist, and has been leading fitness classes at Imagine Fitness and Yoga ever since it opened in the summer of 2015, less than a year after he got the idea.

It is not surprising that Dr. Farah got the idea for the name of the fitness and yoga center while on a long run. After all, he has been an athlete and a fitness enthusiast for most of his life.

"I've always been kind of a people person," he said. "And I was always disappointed with gyms and fitness studios where people come and go. They'll walk in, work out, and leave. But do you ever meet anybody there? Does anybody ever talk to you? So, I was thinking it'd be nice if there was a place where you get to know people and they get to know you. Working out is fun, but the social aspect of it would be a part of it as well."

John's wife, Jackie, felt the same way. "I've always wanted to be active, not doing really formal exercise, but outdoor things. I was always doing something. Typical gyms and fitness centers always made me feel isolated. To me, if I was going to feel isolated, I might as well do my own thing where I want."

"When Jackie and I created Imagine, we had a vision of what it would look and feel like," said John. "We wanted it to be different. We wanted it to be unique. Fitness, yoga, and health have been a part of our lives for years. We love how yoga and exercise makes us feel, how it energizes our bodies, our minds, and our lives. We truly believe exercise is something that is best when it's shared in a supportive environment."

John recently retired after a more than forty-year career as both a highly respected dentist and as the founder and publisher of an influential magazine for dentists, *The Dental Advisor*. Both John and Jackie refer to Imagine as their "retirement gig." "Some people buy a house in Florida," Jackie said. "Some people buy a yacht. This is our yacht. We're going to sail out there healthy!"

John added, "People spend a million dollars on a yacht, and they use it twice a year. Here, at least I use it almost every day."

Imagine occupies the ground floor of the building on Ann Arbor's west side that houses Dr. Farah's former dental offices. It is also on the same property as the former offices of *The Dental Advisor*. "When we decided to do this, [start Imagine] it was across the street from my full-time job at *The Dental Advisor*," said Jackie. "I was coming back and forth, overseeing things here. That's how it started evolving." When a tenant left, John said, 'We'll just turn it into a yoga center, and we'll make it a one-stop shop.' A lot of places just do one thing and so you're going there for this, and there for that. We have Yoga, Pilates, fitness classes, biking, we have Tai Chi. It's a little bit of everything. We also put in a massage room, so you can have just one membership and find everything you want."

The studio where most of the yoga, Pilates, Tai-Chi, and other classes are held, features a comfortable, heated floor with a beautiful view of woods through large windows. There is a deck out back surrounded by trees. In nice weather, they do the yoga and fitness classes there. The gym room features a variety of

"We wanted it to be different. We wanted it to be unique. Fitness, yoga, and health have been a part of our lives for years. We love how yoga and exercise makes us feel, how it energizes our bodies, our minds, and our lives. We truly believe exercise is something that is best when it's shared in a supportive environment."

—-Dr. John Farah

weight machines, free weights, bikes, BOSU balls, Pilates rings, blocks, and more. The walls are lined with framed posters of some of the marathons in which Dr. Farah competed and pictures that he took in his travels. There is a small, separate room for personal training work, which includes a Pilates Reformer machine that's available for clients to use with guided instruction. The lounge has comfortable chairs and couches. Coffee and a variety of teas and snacks are always available.

Imagine weathered the pandemic, though—like most other businesses—not easily, especially at first. Jackie's long experience with computer technology was the saving grace in setting up virtual classes. "I think Imagine would not have survived without Jackie, quite frankly," said John. "But," Jackie added, "what I found was that people were back to being anonymous. It got to the point when we were doing virtual classes that people would say, 'Can you start class fifteen minutes early so we can talk to each other?' That was a testament to the community feeling that we had created." Once the pandemic eased, John and Jackie saw that, "People were anxious to get back into the personal, cozy space we offered. It's still the case. While many studios and instructors remain virtual, our community is just that, a community where people enjoy being with one another."

Many of the people who come to Imagine come for the classes. "They like the guidance. They like the chitchat. They like the community feel of seeing the same people" Jackie said. "Especially in the wintertime. They'll come and take one class after another. Then they'll be in the lounge having coffee and snacks. If you're retired, and you're at home, and it's another gray Michigan day, you come here, you meet up with friends, you get some exercise in, have a coffee.... It's a nice feeling that we can offer that to people, and it's healthy for them."

Read the rest of the article online...

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A CONVERSATION WITH BIG GUY, THE BLACK SWALLOWTAIL CATERPILLAR

By Peggy River Singer

I've been raising Black Swallowtail butterflies for about thirty years. Last year (2023) I hosted five caterpillars, and the image shows one of them (Big Guy) near the end of its caterpillar stage as it prepares to create a chrysalis.

Big Guy: *Wow, this sounds like fun, let's go!*

Peggy: Great! I'd like to ask, since I cannot tell by looking at you, whether you are male or female?

Big Guy: *Female, thank you for asking. No need to call me "Big Gal", though, I like the feel of Big Guy and the affection it conveys.*

Peggy: Thanks. Are you currently in physical form as another caterpillar?

Big Guy: *Actually, my current physical form is as an adult female Black Swallowtail Butterfly. I am, indeed, still in your area though I will not personally be visiting to lay eggs on your plants. Someone else will be taking care of that. You are known to us as a benevolent human, so we feel safe entrusting our eggs to you.*

Peggy: I'm glad to hear that! Have you, as an individual soul, ever been some other kind of butterfly, or maybe a bird or mammal?

Big Guy: *That choice is available to us for those who wish to experience other bodies and lives. I am a relatively "young soul" – fewer than 1,000 reincarnations – so for now I am quite enjoying the butterfly life. I've had lives as other animals, I have had bird lives, so I have acquired a balanced understanding and FEEL for the predator-prey interactions that are so common to this world. That does not mean that as a caterpillar I have ENJOYED being eaten by a bird; but as you already understand, my soul essence departs before my body is consumed, no suffering is required as part of the experience.*

Peggy: Have you ever lived as a human?

Big Guy: *I have anticipated this question. The short answer is, no I have not. The more complex answer is that I have chosen a soul group that will provide experiences as different kinds of animals. Other soul groups offer human lives (with a truly vast assortment of possibilities), fae lives (fairy folk), plant lives and so forth. It is allowed to change soul groups, all that is overseen by Creator for the greatest good for all.*

Peggy: I've just asked the Fae group soul if your description matches their "worldview", and I've been told it does, "up to a point". I'm not surprised that it's a complicated matter! I've heard from other sources that it's quite rare for a human to have animal lives.

Big Guy: *Agreed, that is my understanding as well. Plus of course there are different levels and many timelines to account for with human lives, so it can be quite complicated.*

Peggy: So, as a caterpillar, you do not experience "different levels and timelines"?

Big Guy: *Correct, there is no need.*

Peggy: Thank you. A caterpillar seems to simply eat, rest, eat, rest until it's time to make a cocoon or chrysalis. I expect there's much more than that going on during your lives.

Big Guy: *[big grin] Exactly! Our bodies know what to do, which frees our minds to enjoy every sunbeam, every (gentle) drop of rain. You are wondering, do we sing, as so many animals do? Yes, of course we do, every living thing has its own form of singing. We sing our gratitude to the plants that provide our food, to the soil and its unseen communities that support the plants. The vibrations/tones/aspects of our singing help our bodies develop quickly. This is so important, to get every aspect "right" since our time as a caterpillar is short. It's important for everything to be in balance.*

Peggy:: I'd like to know whether all five of you became butterflies last year?

Big Guy: *No, one of us was eaten by a bird. The rest of us "graduated" and went our separate ways. It's our nature to move to new territories, you see, to avoid too-close-breeding [inbreeding].*

Peggy: Is there anything you can suggest to help me with raising butterflies this year?

Big Guy: *You're doing quite well, the process is essentially simple, as you know.*

Peggy: I've enjoyed this talking so much! Is there anything else you'd like to add?

Big Guy: *Each of you reading these thoughts should be able to feel the wave of affection my people have for those who help us thrive and continue to exist, especially where conditions are not ideal. We are loved by so many, and we love in return. My heart is full of joy to be sharing these words.*

Peggy River Singer is a Lightworker, all-beings communicator, faerie ally, Reiki practitioner, and lifelong writer. More of her articles are posted on angelsfairiesandlife.wordpress.com. To request a reading, please call 734-548-0194.

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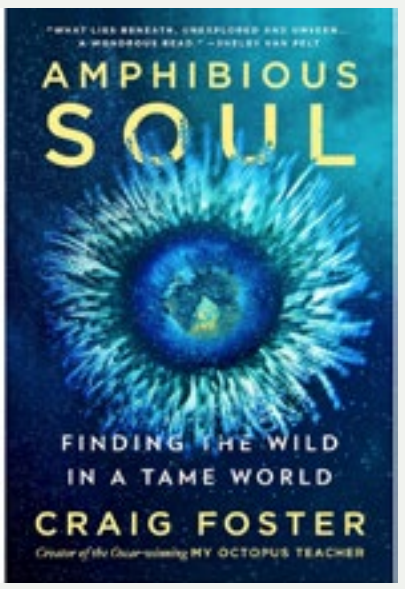
CW Book Picks *of the month*



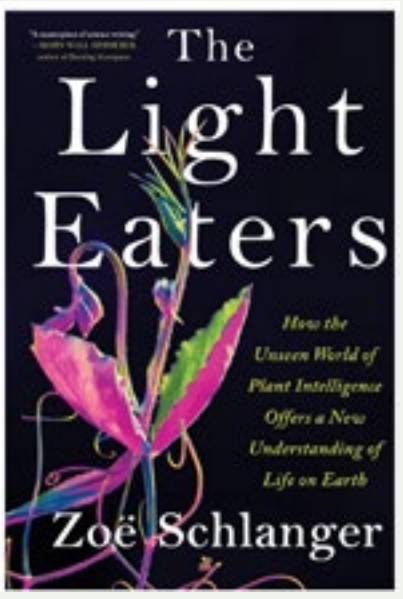
How can we reclaim the soul-deepening wildness that grounds us and energizes us when so much of the modern world seems designed to tame us?

In this thrilling memoir of a life spent exploring the most incredible places on Earth—from the Great African Seaforest to the crocodile lairs of the Okavango Delta—Craig Foster reveals how we can attend to the earthly beauty around us and deepen our love for all living things, whether we make our homes in the country, the city, or anywhere in between.

Foster explores his struggles to remain present to life when a disconnection from nature and the demands of his professional life begin to deaden his senses. And his own reliance on nature's rejuvenating spiritual power is put to the test when catastrophe strikes close to home.

Foster's lyrical, riveting Amphibious Soul draws on his decades of daily ocean dives, wisdom from Indigenous teachers, and leading-edge science. Includes a beautiful four-color tracking journal with Foster's photographs and a QR code leading to 27 films that captured key moments in the book.

Purchase your copy of *Amphibious Soul* at shopcrazywisdom.com



The Light Eaters is a deep immersion into the drama of green life and the complexity of this wild and awe-inspiring world that challenges our very understanding of agency, consciousness, and intelligence. In looking closely, we see that plants, rather than imitate human intelligence, have perhaps formed a parallel system. What is intelligent life if not a vine that grows leaves to blend into the shrub on which it climbs, a flower that shapes its bloom to fit exactly the beak of its pollinator, a pea seedling that can hear water flowing and make its way toward it? Zoë Schlanger takes us across the globe, digging into her own memories and into the soil with the scientists who have spent their waking days studying these amazing entities up close.

What can we learn about life on Earth from the living things that thrive, adapt, consume, and accommodate simultaneously? More important, what do we owe these life forms once we come to understand their rich and varied abilities? Examining the latest epiphanies in botanical research, Schlanger spotlights the intellectual struggles among the researchers conceiving a wholly new view of their subject, offering a glimpse of a field in turmoil as plant scientists debate the tenets of ongoing discoveries and how they influence our understanding of what a plant is.We need plants to survive. But what do they need us for—if at all? An eye-opening and informative look at the ecosystem we live in, this book challenges us to rethink the role of plants—and our own place—in the natural world.

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- Seva Farms
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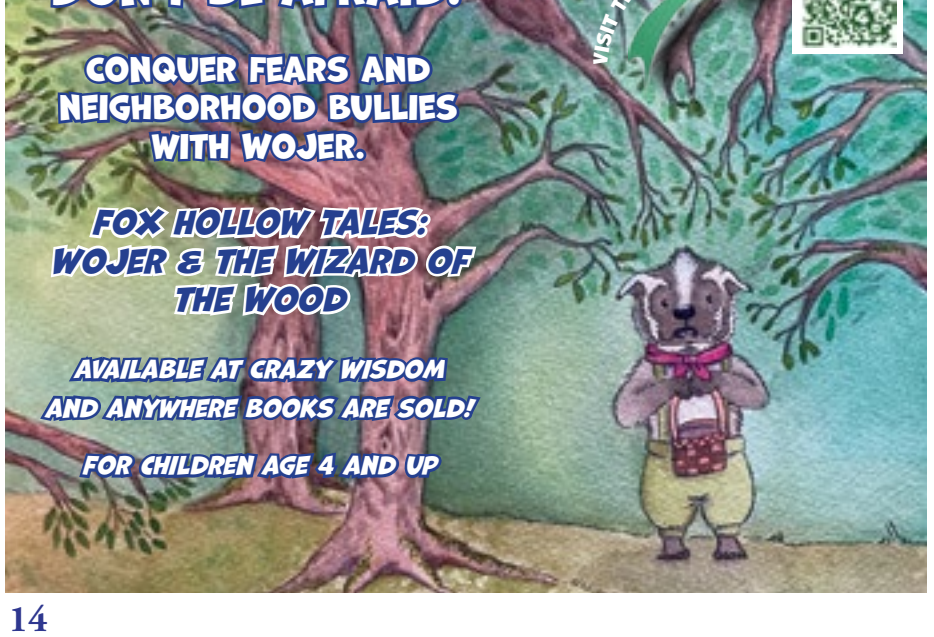
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By Lynda Gronlund

Jackie Miller moved her breathwork practice, This Breath, into a small space on Shelby Avenue in Ann Arbor in August of 2022, and she is now expanding her services.

Miller has offered advanced breathwork facilitation in the Ann Arbor/Ypsilanti area since 2014, when she moved back to Michigan (where she grew up) from Portland where she completed her breathwork practitioner training in 2009. She offers one-on-one breathwork sessions for "deep self-healing and breakthroughs in growth and transformation." These sessions, she said, "aim to work with our most difficult emotions," and work on the physical, mental, and emotional levels. Some people use these sessions to address trauma, anxiety, depression, and other problems, and some come to seek breakthroughs and personal growth.

In addition to these one-on-one sessions, Miller started offering bi-monthly group breathwork sessions for up to ten people on a free/donation basis. The group sessions, she explained, are "gentler, guided with music, uplifting, and refreshing." They allow participants to "sample the experience of conscious connected breathing and the heightened energy it activates," and also to learn simple breathing techniques they can use at home for relaxation and stress management. These sessions are hosted at Huron Valley Aikikai on Federal Boulevard in Ann Arbor on the first and third Saturdays of each month from 6:00 p.m. to 7:30 p.m. Pre-registration is required and is available on Miller's website. She also offers private group breathwork workshops or sessions in workplaces and other settings.

Miller is also developing a process of using breathwork in combination with non-psychoactive CBD oil which she said can, "contribute helpful somatic effects into a session," assisting people in feeling embodied or grounded in their body. She will soon be offering one-on-one sessions with CBD oil which she said can be an alternative to psychedelic-assisted therapies and can be very supportive for self-healing work.

"Breath can be used for so many different things," said Miller. She defines breathwork as "using the breath to activate a non-ordinary state of consciousness." She explained that breathwork is not the same as meditation or mindfulness—breathwork is "meditative at times, but not meditation."

She said that interest in breathwork during the pandemic exploded, and this has allowed her to work toward making This Breath a full-time practice. Breathwork, she said, can be very complimentary with psychotherapy in resolving trauma and dealing with depression, anxiety, and other mental health issues. It can help people who struggle to access their emotions and can help with things like developing a health relationship with one's own anger, practicing good boundaries, improving communication, and quelling addictive patterns, overthinking, and dissociation. She said that she finds it gratifying to watch people evolve their self-understanding, gain vitality, and develop better relationships.

Miller recently became a Certified Professional Breathwork Practitioner through the Global Professional Breathwork Alliance which is the body for professionalism, ethics, and training standards in breathwork. In addition to breathwork, she now offers spiritual counseling on a donation basis drawing on her background in Buddhist practice and interfaith chaplaincy.

This Breath is located at 2311 Shelby Avenue, Suite 101, Ann Arbor, MI 48103. Jackie Miller can be reached via email at jackie@thisbreath.com or by phone at (734) 883.7130. Her website is thisbreath.com.

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The Symphony of Development: Exploring the Importance of Music in a Baby's Growth

By Emma Wymer

In the delicate journey of a baby's life, music weaves a melody that resonates far beyond the nursery walls. The impact of music on a baby's development encompasses cognitive, emotional, social, and physical domains. Incorporating music into a baby's early experiences is not just a source of joy but a powerful catalyst for holistic development.

Incorporating music into a baby's early experiences is not just a source of joy but a powerful catalyst for holistic development.

A Harmonious Prelude: Early Exposure to Sound

The journey of musical development begins in the womb where the rhythmic lull of a mother's heartbeat sets the stage for a baby's auditory experiences. Studies suggest that babies can hear sounds as early as 20 weeks gestation prompting caregivers to consider the impact of the auditory environment on the developing infant.

Beyond the womb, exposing infants to a variety of musical stimuli becomes a foundation for language development. The rhythm, melody, and cadence of music create a rich auditory landscape supporting a baby's ability to distinguish between different sounds–a skill crucial for language acquisition. As caregivers sing lullabies, engage in musical play, or simply play soft melodies, they are laying the groundwork for the intricate dance between sound and language that will unfold in the coming months and years.

Beyond the womb, exposing infants to a variety of musical stimuli becomes a foundation for language development.

Cognitive Crescendo: Music as Neural Stimulation

The neurological benefits of musical exposure in early childhood are nothing short of remarkable. Music engages multiple areas of the brain fostering the growth of neural connections and enhancing cognitive abilities. Research indicates that musical experiences contribute to the development of the auditory cortex, which is responsible for processing sound, and the prefrontal cortex, associated with executive functions such as planning and problem-solving.

Moreover, exposure to music with patterns and repetitions aids in the development of memory and pattern recognition–fundamental cognitive skills that play a crucial role in various aspects of learning. The intricate interplay of musical elements primes the brain for the complexities of language, mathematics, and spatial reasoning providing a cognitive foundation that extends well into adulthood.

Emotional Resonance: A Melodic Path to Well-being

Emotions have a profound impact on learning, and music serves as a powerful conduit for emotional expression and regulation. Lullabies, with their gentle melodies and soothing tones, create a comforting cocoon for babies fostering a sense of security and well-being. Caregivers intuitively use music to communicate and connect with their infants establishing an emotional bond that transcends words.

As babies grow, the emotional landscape of music expands offering a diverse palette of feelings to explore. Happy, upbeat tunes can elicit smiles, laughter, and a sense of joy contributing to a positive emotional environment. Conversely, slower tempos and softer melodies provide a calming influence helping babies navigate the ups and downs of their emotional world.

Dance of Development: Motor Skills and Musical Movement

The rhythmic nature of music invites movement, and babies instinctively respond to the beat. Even before they can walk, infants sway, bounce, and move their limbs in response to musical stimuli. This spontaneous movement isn't just an adorable display; it's a fundamental building block for the development of motor skills.

As babies engage in these rhythmic movements, they enhance their coordination, balance, and spatial awareness. Musical play that involves simple instruments or interactive movements contributes to the refinement of both gross and fine motor skills. The dance of development set to the backdrop of music becomes a dynamic and engaging process that supports physical growth and coordination.

Social Symphony: Building Bonds Through Music

Music is a social experience, and introducing babies to musical activities creates opportunities for interaction and connection. Caregivers often find themselves naturally singing to their babies by clapping hands or engaging in musical games. These shared experiences strengthen the bond between parents, siblings, and the baby fostering a sense of security and trust.

Moreover, group musical activities, such as parent-child music classes or singing with siblings, expose babies to the dynamics of group interaction. These experiences lay the groundwork for social skills development teaching babies about turn-taking, cooperation, and shared enjoyment. The social symphony of music enhances the richness of a baby's relational world promoting a sense of belonging and connection.

Read the rest of the artincle online!

Emma Wymer

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Crazy Wisdom Poetry Series

Hosted by Edward Morin, David Jibson, and Lissa Perrin

Second Wednesdays, 7-9 p.m.: Poetry Workshop. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m.

Fourth Wednesdays, 7-9 p.m.: Featured Reader(s) for 50 minutes. Open Mic reading for 1 hour. All writers welcome to share their own or other favorite poetry. Sign-up begins at 6:45 p.m.

All sessions are virtual and accessible through Zoom. Email cwpoetrycircle@gmail.com for Zoom link.

Featured readers

May 22 – Khaled Juma'a was born in Rafah and raised in a Palestinian refugee camp. His 29 publications cover the genres poetry, prose poetry, short stories, children's stories, TV sketches, plays and over 100 songs. He has held several editorial positions including Head of the Cultural Department in Palestine News and Information Agency (WAFA). A bilingual reading

May 22 – Yousef el Qedra, a poet, novelist, and playwright living in Gaza, expresses the emotional effects of residing in the occupied Palestinian Territory, particularly during the aftermath of Operation Cast Lead (2009) which presaged the current war. He will read his poems in Arabic, matched by Edward Morin and Yasmin Snounu's co-translations in English.

June 26 - Hedy Habra, poet and artist, will give an illustrated reading from a new ekphrastic collection—*Or Did You Ever See The Other Side?* Her *The Taste of the Earth* won the Silver Nautilus Award; *Tea in Heliopolis* won the Best Book Award and *Under Brushstrokes* was a finalist for the International Book Award.

July 24 – Robert Fanning is the author of five poetry collections: *Severance*, *Our Sudden Museum*, *American Prophet, The Seed Thieves*, and *Cage* (forthcoming this year). His poems have appeared in *Poetry*, *Ploughshares*, and many other journals. He facilitates The Wellspring Literary Series and teaches creative writing at Central Michigan U. www.robertfanning.wordpress.com

As in other years, we have a writers workshop in August, but no reading on the 4th Wednesday of that month.

Crazy Wisdom Poetry Circle
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The Crazy Wisdom Calendar

a free guide to local classes, workshops, and events

May through August 2024

Calendar edited by Kaili Brooks

Aromatherapy and Essential Oils

Reiki, Essential Oils, and AromaTouch Experience with Paula A. Burke • Thursday, June 6, 13, 20, & 27, July 11, 18, & 25, & August 1, 8, 15, 22, & 29. • 1:30 to 4:00 p.m. • Our wellness sessions are designed to give you an intimate and personalized experience. The session starts with a wellness scan, followed by crafting a custom essential oil blend and finishes with a mini-Reiki session and an AromaTouch Hand technique. These 30-minute sessions are $33. For more information contact Paula at (517) 936-9064 or email diffusingpeace@yahoo.com.

Art and Craft

Unicorn Artists Play and Art Gathering by the Water with Ann Harmon • Saturday June 1, Thursday, June 6, & Friday, June 21 • 10:00 a.m. to Noon • A Unicorn Artist is someone who adds love, light, and sparkles to everything they create. Please join me for a fun and meaningful day at the lake creating Portals of Art. No experience needed. You will leave with a beautiful piece of sacred art, a selenite crystal, and hopefully a joyful memory creating with other women. $45.00, all supplies and a selenite crystal included. For more information contact Ann at (810) 599-3302, or email blessingnrg@gmail.com.

Ann Arbor Gallery Nights in Kerrytown

Four galleries in Kerrytown, Ann Arbor, will welcome the public for special activities on the third Wednesday of the month from June 19 through October 16, 2024.

Ann Arbor Gallery Nights in Kerrytown complement the Ann Arbor Farmers Market Food Truck Rallies, also in Kerrytown, which take place on the same nights from July to October. All activities are open to the public from 5:00 p.m. to 8:00 p.m.

Chris Nordin Studios Gallery, Gutman Gallery, Kerrytown Concert House, and WSG Gallery are within walking distance of each other and the Food Truck Rallies. On Gallery Nights, each gallery will host a rotating roster of artist talks, demonstrations, artist pop-ups and special appearances, welcoming the public to celebrate Ann Arbor's vibrant art scene. The galleries feature artists from Ann Arbor and surrounding areas, including Detroit.

WHEN: Third Wednesday nights from 5:00 pm – 8:00 pm
June 19, July 17, August 21, September 18, October 16

WHERE: Chris Nordin Studio Gallery, 117 E. Ann Street
Gutman Gallery, 118 N. 4th Avenue
Kerrytown Concert House, 415 N. 4th Avenue
WSG Gallery, 111 E. Ann Street

We Roar: 40 Artists, 20 UK Prisons & 20 US Prisons with Faye Claridge, Prison Creative Arts Project (US), & Novus (UK) • Thursday, July 18 to Saturday, July 20 • 10:00 a.m. to 9:00 p.m. • We Roar is an international collaborative exhibition set to tour prisons in 2024. Forty people in 20 UK and US prisons have been sent a poem and two paintings as inspiration and are being supported by a team of mentors to produce creative responses for the collaborative exhibition. FREE. For more information contact the Prison Creative Arts Program at (734) 647-6771, email pcapinfo@umich.edu, or visit fayeclaridge.co.uk/weroar.

Book Discussion Groups

Jewel Heart Readers with Jewel Heart Instructors • Monday, June 24, June 10, July 8 • 7 to 8:30 a.m. • Enjoy lively discussions on monthly Buddhist-related book selections with our community. All are welcome. FREE, donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

***Hear Yourself: How to Find Peace in a Noisy World by Prem Rawat*, Book Discussion at Crazy Wisdom with moderator Rachel Pastiva • Friday, June 21, July 19, August 23 • 7 to 9:00 p.m.** The monthly book discussion connects participants through the selection, reading, and discussion of books from Crazy Wisdom Bookstore's diverse inventory. All book discussion titles will be available at Crazy Wisdom at 20% off. Discussion is free. Call 665-2757 or email eventsandbookings@crazywisdom.net

Breathwork

Guided Group Breathwork with Jackie Miller • Sunday, June 2 & 16, July 7 & 21, & August 4 &18 • 6 to 7:30 p.m. • First and third Sundays. A group session of gentle, connected breathing and breath holds with music, guided by Jackie Miller, certified breathwork facilitator. Experience the power of activated breath energy and learn a variety of supportive breathing techniques. FREE, donations welcome. Registration required. For more information visit thisbreath.com.

Buddhism

Meditation and Discussion with Lama Nancy Burks, Drolma Buchanan, and Yeshe Soergel • Wednesdays • 7 to 8:00 p.m.• All are invited for a group meditation practice and Dharma discussion. Topics vary weekly but include Buddhist philosophy, history of Buddhism in Tibet, and meditation techniques. Questions welcome! FREE. For more information email contact@annarborktc.org or visit annarborktc.org.

Nagarjuna's Precious Garland of Advice to a King with Demo Rinpoche • Thursdays through July 11 • 7 to 8:00 p.m. • In his Precious Garland, Nagarjuna offers sound advice on how to gain happiness in this life, individually, and as a society. He then expands the scope to include happiness in future lives and attaining enlightenment through practical ethics, great compassion, and the wisdom of kindness and emptiness. $70 Jewel Heart members / $95 Jewel Heart non-members. Pay what you can - No one turned away. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Jewel Heart Sunday Talks: Ancient Wisdom, Modern Times with Demo Rinpoche • Weekly on Sundays through August 25 • 11:00 a.m. to 1:15 p.m. • Join Demo Rinpoche for weekly Sunday morning public talks on a variety of topics that are suitable for newcomers and long-timers alike, followed by a facilitated group discussion based on the morning talk. On the first Sunday of the month, Rinpoche presents the Jataka Tales, stories from the Buddha's previous lives. No discussion on May 26 and July 28. FREE. Donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Practical Buddhism with Gelek Rimpoche • Tuesdays from through August 24 • 7 to 8:30 p.m. • "Practical Buddhism" offers video recordings of earlier teachings by Gelek Rimpoche as an opportunity for some to revisit and as an introduction for others. A panel discussion with Jewel Heart Instructors follows each session. Discussions are not recorded. Sessions will review Gelek Rimpoche's 2012 Sunday talks and into early 2013. No event on July 23. Online only. FREE. Donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Attaining Lasting Satisfaction with Jewel Heart Instructors • Weekly on Mondays from June 3 to September 16 • 7 to 8:30 p.m. • This course, based on public talks by Gelek Rimpoche, presents the qualities of a genuine spiritual path, and how they can bring us closer to our pure nature and help us attain lasting satisfaction in this lifetime. FREE. Donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Reliable Knowledge in a World of Mere Conversation with Guy Newland • Saturday, June 29 • 10:00 a.m. to 12:30 p.m. & 2 to 5:00 p.m. • Je Tsongkhapa argues that we can and must have reliable knowledge—of virtue and non-virtue, for example—to progress on the path to perfect awakening. Other Buddhist scholars have argued that emptiness makes reliable knowledge impossible. This program investigates reliable knowledge and provides insight into emptiness. Onsite and online. Cost to be determined. Pay what you can - No one turned away. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Realizing the Profound View with the Venerable Thubten Chodron • Saturday, August 17 • 1 to 2:30 p.m. & 3:30 to 5:00 p.m. • Venerable Thubten Chodron explores important questions about who and what we are, how we exist, how to avoid falling into mindsets of absolutism and nihilism, and the topic of interdependence. Cost to be determined. Pay what you can - no one turned away. Online only, stream later at your convenience. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Ceremonies, Celebrations, and Rituals

Sunday Celebration with Interfaith Center for Spiritual Growth • Sundays through Aug 25 • 10:45 a.m. to Noon • Sunday spiritual celebration. In-person and on Zoom. FREE, but donations gratefully accepted. For more information visit interfaithspirit.org.

Gratitude for All That Is: A Community Gratitude Ritual with Kirsten Mowrey • Saturday, August 3 • 10:00 a.m. to 4:00 p.m. • Our grief and gratitude are intimately connected. We come together in this community ritual to give thanks for all we have received this year, to honor our losses and create a tangible gift to give back to our nurturing Earth. Based upon Francis Weller's village work, this ritual is designed for all ages, from children to elders. $110. For more information contact Kirsten at greatlakesrituals@gmail.com.

Channeling

Remembering Wholeness: Darshan with The Mother with Barbara Brodsky and the Mother • Sunday, June 2 • 2 to 5:00 p.m. • The Mother, channeled by Barbara Brodsky offers group and personal messages helping to gently release and reveal places where people are a little bit stuck. They reveal themselves when held deeply with love. Donation: $10-$30. For more information contact the Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

Children and Young Adults

JUMP-IN 2024 Intensive Therapy Camp with Jacquelin Kilburn • Monday, July 22 through Friday, August 2 • Weekdays 9:00 a.m. to Noon • Therapy camp benefits children with sensory processing difficulties, learning problems, apraxia, in-coordination, low muscle tone, auditory processing dysfunction, and other neurological delays or disorders. We use the three hour "Frequency, Intensity, Duration Model" which has been proven highly effective at making large gains in in motor skills, language, social skills, and sensory processing a small amount of time. We can accommodate eight campers. Our program stands above programs, as we have an intense focus on improving foundation skills as

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Susan McGraw
Psychic Medium
Career & Business Strategist

The Crazy Wisdom Calendar

May through August 2024

opposed to a more cognitive or play model. Campers must be four years old to begin and may be covered with health insurance. For more information call JUMP-IN at (810) 231-9042 or email info@jumpinot.com.

A Course in Miracles

A Course in Miracles Study Group with Courtney Fitzpatrick • Ongoing Mondays • 11:30 a.m. to 12:15 p.m. • A Course in Miracles is a universal, metaphysical, self-study program of spiritual psychology. We meet weekly to share, learn about and discuss ACIM. Anyone from any spiritual or religious background is welcome. $15/meeting or $30/month. For more information contact Courtney at (734) 808-4007, email courtney@veraposeyoga.com, or visit veraposeyoga.com.

A Course in Miracles Study Group via Zoom with Interfaith Center for Spiritual Growth • Mondays, May 6 through Aug 26 OR Thursdays from May 2 through August 29 • Mondays from 6:45 to 8:00 p.m. OR Thursdays from 7:30 to 8:30 p.m. • Course in Miracles Study Group. FREE, but donations gratefully accepted. For more information visit interfaithspirit.org.

Dance and Movement

Dances of Universal Peace - Summer! with Susan Slack • Saturday, June 29 • 7:00 p.m. • All welcome! Interactive circle dancing and chanting of sacred phrases from world traditions, briefly taught by certified leaders. They are moving meditation, heart opening and community building with live music. Bring a friend or come solo to welcome a summer of light and inspiration. Interfaith Center for Spiritual Growth. For more information contact Susan Slack through the FB group page, facebook.com/groups/3508379869474797 or visit https://slacksusan.wixsite.com/susan-j-slack/dances-of-universal-peace.

Death and Dying

Death Cafe via Zoom with Interfaith Center for Spiritual Growth • May 7, June 4, July 2, & Aug 6 • 6:30 p.m. to 8:00 p.m. • Discussion of Death and Dying. FREE, but donations gratefully accepted. For more information visit interfaithspirit.org.

Ann Arbor Death Café with Rachel Briggs & Diana Cramer • Saturday, June 15, July 20, & August 17 • 10:30 a.m. to Noon • Join us for conversation about death and dying. A "death positive" event, not a grief support group, with deep listening. No agenda, no presentation. FREE, open to all adults. Specify Death Café when sending emails. For more information email TheDyingYear@gmail.com or visit DeathCafe.com.

End-of-life Doula Training with Merilynne Rush • Friday, June 19, 26, & Saturday July 10, 17, 24, & 31 • 4 to 7:30 p.m. • Are you called to help others during dying and death? Learn from a hospice nurse and experienced end-of-life doulas from diverse backgrounds. 100-page study guide includes resources and info on how to set up a business. No prior experience necessary. We emphasize cultural humility, understanding our biases, and reducing health disparities. Held on Zoom. $725; scholarships and payment plans are available. For more information email Merilynne at thedyingyear@gmail.com.

Drumming

Drummunity Jams with Lori Fithian • 3rd Saturdays, June 15, July 20, & August 17• 7 to 8:30 p.m. • Join us for a family-friendly music and drum jam - an evening of rhythm games, vocal improv, movement and more, all with a focus on FUN! Drums will be available, feel free to bring your own instruments! All ages are welcome. For more information contact Lori at (734) 426-7818 or email folksongjamalong@gmail.com.

Energy and Healing

Healing Through the Akashic Records with Shellie Powers • Times & Dates Vary • Embark on a journey of spiritual practice, embracing unconditional self-love, transforming resentment into acceptance, and breaking free from limiting patterns. Activate your inner ascension matrix to overcome challenges and bask in the radiance of your soul, using the time-tested Pathway Prayer Process©. Four three-hour sessions. $500. For more information contact Shellie at (734) 926-8423 or visit powers365.com.

Energy Work - Wild Goose Form with Master Wasentha Young • Tuesdays AND/OR Thursdays through August 8 • Tuesday from 6 to 7:00 p.m. AND/OR Thursday from 10 to 11:00 a.m. • The Wild Goose Form, a series of interconnecting movements is a reverent dance that embodies the multidimensional aspect of Energy. It includes imagery, stretching, acupoint contact, and connections with universe, nature, and earth. Classes are in-person. Register by 4/20 for a $10 discount. Use code: ss2024. For more information contact the Peaceful Dragon School at 734-741-0695, email info@peacefuldragonschool.com, or visit .peacefuldragonschool.com.

Heightening Your Vibration: Alchemy with Karen Greenberg • Sunday, June 6 & 9 • 8:45 a.m. to 12:45 p.m. • Learn a myriad of tools and techniques to change your vibration from a lower to a higher vibration, and to sustain it—including, but not limited to, sacred letters, powerful Archetypes, sacred oils, affirmations, visualizations, meditations, prayers that you compose, gratitude, breathing, drumming, clearing, movement, music, Holy Geometry, spiritual practices, toning Names of G-D, Archangels, and Angels. $180 total. For more information contact Karen at (734) 417-9511, email krngrnbg@gmail.com, or visitclair-ascencion.com.

Healing & Ascension Monthlies Classes with Rev. Eve Wilson • Thursday, August 15 • 7:30 to 9:30 p.m. • Raise your vibration into unity with your own Higher Self to heal body, mind, soul, and ascend. Learn to live in new world of unconditional love. Release judgment and fear. Help your soul group and the world heal and ascend. Discover your true purpose. Teleconference Call / Recorded / Supported by skilled world healing ascension workers. $300 for a series of six (continues into January). For more information contact Eve at (734) 780-7635, email evew@spiritualhealers.com, or visit spiritualhealers.com.

Festivals and Fairs

Enlightened Soul Holistic 2-Day Psychic Fair with the Enlightened Soul Center & Shop • The Weekends of June 1 & 2, June 15 & 16, July 6 & 7, July 20 & 21, August 3 & 4, & August 17 & 18 • Saturdays from Noon to 6:00 p.m. & Sundays from Noon to 5:00 p.m. • Join us for two days of high vibrations at the Enlightened Soul Center & Shop at our twice-monthly ESC Holistic Psychic Fairs. What a great way to explore a variety of of readings, energy healing, & metaphysical shopping at one time, under one roof! Admission: $5 Saturday & $3 Sunday. FREE gift, FREE snacks, FREE parking. For more information contact Amy at (734) 358-0218.

Film

Free Film & Discussion with Jewel Heart instructors • Friday, June 14, July 12, & August 9 from 7 to 9:15 p.m. • Bring your friends and enjoy a free film and discussion about the film. Concessions are also available. Films to be shown are as follows. May 10: "The Notebook." 2013. The unbreakable bond between two people, rendered extraordinary by the strength, power, and beauty of true love. June 14: "Past Lives." 2023. Childhood friends confront love, destiny, and the choices that make up a life. July 12: "Eternal Sunshine of the Spotless Mind." 2004. A comical and poignant look at breakups, breakdowns, and breakthroughs. August 9: "Tibet: A Buddhist Trilogy." 2006. A three-part feature recombined into one that looks at the Tibetan people as they live now. FREE, concessions available. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visitjewelheart.org.

Healing

Laughter Yoga Playshop with Debra Metler • Saturdays from May 4 through August 24 • 11 to 11:45 a.m. • Laughter Yoga is a unique exercise and yoga-like breathing program with multiple health benefits. In addition to being a lot of fun, Laughter Yoga reduces stress, strengthens the immune system, improves lung function, reduces chronic pain, and much more. No sense of humor is needed. We will laugh for no reason! Your brain won't know the difference. $15. For more information contact Debra at (248) 819-2131, email debmetler@gmail.com, or visit guffaw.square.site.

Herbal Medicine

Herbal Medicine Series with Mary Light • Third Saturdays, May 18 to October 19 • 9:30 a.m. to 2:30 p.m. • An herbal medicine series spanning six months. Students will learn to create, make, store, apply, and use a variety of herbal medicines upon completion. Students will directly learn which body systems/ physiology and conditions the herbal formulations should be used for or applied to. Held in a studio class format inside a pleasant apothecary and consulting space, located at 3684 West Liberty Road, Ann Arbor MI, 48103. Herbal Medicine series and classes are independently taught and are not part of state licensure program. $800. For more information contact Mary Light at (734) 769-7794, email nshaassociates@gmail.com, or visit naturopathicschoolofannarbor.net.

Intuitive and Psychic Development

Focused Mind Meditation: Teleconference with John Friedlander • Sunday, June 2, July 7, & August 4 • 9:00 a.m. to Noon • Development of sustained focused meditation makes it easy to develop a whole new magnitude of psychic skill and healing ability, as well as a whole new level of mental clarity and spiritual openness. $15. For more information contact Violeta at (734) 476-1513 or visit psychicpsychology.org.

Psychic Psychology Women's Group: Teleconference with John Friedlander and Gloria Hemsher • Tuesday, June 4, July 2, & August 6 • 7 to 8:00 p.m. • For Women Only. Meditations concentrating on women's issues relative to biological energies as well as that of the aura. See website for teleconference number and billing information. $10. For more information contact Violeta at (734) 476-1513 or visit psychicpsychology.org.

Intro to Quantum Energy Flow & Intuition with Michelle McLemore • Saturday, June 8 • 12:30 to 2:30 p.m. • Learn energy system anatomies; practice seeing, feeling, and moving energy; explore a moving meditation and nurture your intuitive abilities; discuss dreams, visions, and encounters. Pre-register to ensure materials are available. $75. For more information contact Michelle at (517) 270-0986, email energy@michellemlemore.com, or visit michellemclemore.com.

Summer Intensive: Webinar/Teleconference with John Friedlander • Mid-July, dates TBA • Thursday and Friday 7 to 9:00 p.m., Saturday 10:00 a.m. to Noon & Sunday 2 to 4:00 p.m. • New material introduced with continued development of advanced and core techniques seeking a natural sense of skill in practical everyday life. Prerequisite: Level 1 Psychic Development Class, CD set, or permission of instructor. $275. For more information contact Violeta at (734) 476-1513 or visit psychicpsychology.org.

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The Crazy Wisdom Calendar

May through August 2024

Kabbalah

Brand New Beginning Kabbalah: Kabbalah Miracles with Karen Greenberg • Monday, May 20, June 24, July 22, & August 19 • Sunday 10:00 a.m. to 2:00 p.m. OR Monday 7:15 to 9:15 p.m. • This life-changing journey is an ordered approach to develop/balance all important areas of life. Rather than utilizing energy resisting (exercise, meditation, sleep, eating, drinking healthily), we utilize that liberated energy for creating. We develop 10 G-D like traits and become co-creative, proactive manifesters of our dreams and goals, open to miracles, fulfilling our purpose/destiny. Monthly duo rate $180/person; Monthly private rate $150/hour (based on time utilized) For more information contact Karen at (734) 417-9511, email krngrnbg@gmail.com, or visit clair-ascencion.com.

Meditation

Sunday Morning Meditation Sitting with Various Teachers • Ongoing Sundays • 10 to 11:30 a.m. • Non-guided silent meditation. FREE. For more information contact Kenneth at (734) 678-0264 or visit stillmountainmeditation.org.

Weekly Silent Meditation Practice with Celeste Zygmont • Ongoing Sundays and Tuesdays • Sunday: 11:00 a.m. to Noon AND/OR Tuesday: 9:00 to 9:30 a.m. • We will have a brief period of chanting, then mute ourselves, and then begin silent vipassana meditation. After the hour is finished a bell will ring and meditators can go on with their day. There will be time to stay and chat or discuss questions if someone so chooses. Donation-based. For more information contact the Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

White Tara Guided Healing Meditation with Jewel Heart Instructors • Sundays through August 25 • 9:30 to 10:35 a.m. • Tara is the mother goddess of Tibetan Buddhism, known for her quick and compassionate activity. White Tara is particularly associated with healing and long life. These guided meditations use visualization techniques to overcome physical, mental, and emotional suffering. FREE, donations welcome. No event on July 28. Online and in-person. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Day of Mindfulness with Esther Kennedy • Saturday, June 1, & August 3 • 10:00 a.m. to 2:30 p.m. • Join our mindfulness community as we deepen our understanding of and commitment to daily meditation practice. Reflecting upon relationships with honesty and courage, we amplify our capacity to be love within our family, neighborhood, city, and world. $35.00/session, includes lunch. Registration required. For more information contact the Weber Center at (517) 266-4000, or email webercenter@adriandominicans.org, or visit webercenter.org.

Healing and Compassion Meditations with Hartmut Sagolla • Mondays, through August 26 • Noon to 1:00 p.m. • Hartmut Sagolla leads a 30–40-minute guided meditation on a Buddhist theme followed by discussion. Meditations are centered around healing oneself and others and developing compassion. They include concentrated meditation, visualization, and contemplative meditation. Online only. FREE, donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Analytical Meditation: Focusing on Compassion and Wisdom (Meditation Technology Series) with Jim Dawson and Kathy Larit • May 8, 15, 22, & 29 • 7 to 8:30 p.m. • Widely practiced in the Tibetan Buddhist tradition, analytical meditation uses cognitive methods to overcome destructive emotions, such as anger and attachment, to generate helpful states of mind such as compassion and wisdom. Online and in-person. FREE, donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Solstice Celebration: Labyrinth Walk with Live Music with Rob Meyer-Kukan • Saturday, June 22 • 1:00 p.m. • Join Veriditas Certified Labyrinth Facilitator, Rob Meyer-Kukan for a labyrinth walk to celebrate the Solstice. Donation-based. For more information contact Rob at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

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Balancing Sound Bath with Rob-Meyer Kukan • Friday, June 7 • 7 to 8:00 p.m. • Join Rob Meyer-Kukan for this sound bath meditation. In this time of sound bath, Rob will play singing bowls, gongs, and more with the intention of washing you with the sounds that bring calming vibrations to reduce stress and ease tension. For more information contact Rob at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Level 3: Advanced Sound & Vibrational Therapies Course with Meditate School of Mindfulness and Sound • From Saturday, June 22 to Wednesday, June 26 • 10:00 a.m. • Over the 7-Days of this course, you will be taken into deeper studies on the science and theory. We will connect the Power of Yoga Nidra, somatics, and frequency, and discover how, in an integrative way, we can deepen our practice and share the therapies of the practice with our clients. $1,395. For more information contact Rob at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Myriad of Meditations with Karen Greenberg • Sunday, June 30, July 7, 14, 28, August 4,11, & 25 • 10:00 a.m. to 12:30 p.m. • Meditation is an essential component to spiritual evolution. Dissolve resistance to and discover a myriad of meditations which resonate for you: with fire, water, air, earth, with the Four Worlds, different breathing, Holy Geometry, sacred letters, powerful Archetypes, Biblical figures, spiritual beings, higher self, qualities of G-D, movement, music, toning, colors, scents, gemstones, and trees. $25. For more information contact Karen at (734) 417-9511, email krngrnbg@gmail.com, or visit clair-ascencion.com.

Daylong Meditation Retreat With Carol Blotter August in the Crazy Wisdom Community Room 9:00 a.m.to 4:00 p.m. Meditation practice of sitting and walking plus a short talk. Find peace and calm in the quiet wooded space of Michigan Friends Center in Chelsea. Appropriate for all levels of meditators. Suggested Donation $30-$60 or what you can afford. For more information contact manager@mfcenter.org.

Labyrinth Tour with Rob Meyer-Kukan • Saturday, August 17 • 10:00 a.m. to 3:00 p.m. • A labyrinth is a tool to quiet the mind and open the heart. In the Ann Arbor area there are a dozen or so public labyrinths within 25 miles. Each style, setting, and material of labyrinth has its own feel and unique experience. Sliding scale donation $5-$30. For more information contact Rob at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

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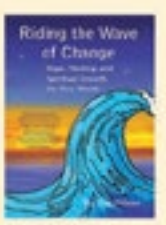

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Daylong Meditation Retreat with Carol Blotter • Saturday, July 13 • 9:00 a.m. to 4:00 p.m. • Meditation practice of sitting and walking, plus a short talk. Find peace and calm in a quiet wooded space. Appropriate for all levels of meditators. Suggested Donation $30-$60—or what you can afford. Located

at the Michigan Friends Center, 7748 Clark Lake Road, Chelsea, MI 48118. For more information contact Carol at manager@mfcenter.org.

Music, Sound, and Voice

Folk Song Jam Along with Jean Chorazyczewski and Lori Fithian • Tuesday, June 4, Wednesday, July 3, and Tuesday, August 6 • 6 to 7:30 p.m. • Come sing and play - join us for a summer of singing! No rehearsals, no concerts - just playing music for the FUN of it! We'll put lyrics and chords up on a screen, you sing and/or play along! All kinds of songs!! All instruments, ages, and levels are welcome. We alternate days and locations, at Westgate and Malletts Creek library branches. FREE. For more information contact Lori at (734) 426-7818 or email folksongjamalong@gmail.com.

Cafe 704 Live Music with Interfaith Center for Spiritual Growth • Saturday, June 8, July 13, & August 10 • 7 to 9:00 p.m. • Cafe 704 is a smoke and alcohol-free venue with live music. $10 per person live or on Zoom. For more information visit Interfaithspirit.org.

Harmony for Your Soul with Kimberly Harrison Rieli & Jaime Lawrence • Sunday, June 2 OR Thursday, August 8 • 3 to 5:00 p.m. • An afternoon of self-care and nourishment for your body, mind, and soul. Participants will be led in an interactive experience of journaling, emotional freedom technique, gentle stretching, and nervous system healing, followed by a deeply restful sound healing journey. You'll drift away serenaded by crystal singing bowls, Celtic harp, flutes, gongs, drums, and Kimberly and Jaime's ethereal voices. Don't miss this opportunity to immerse yourself in a truly transformative afternoon of self-care and healing. More dates continue into November. $55 (with sliding scale options of $44 or $33). Located at the Infinite Light Center (formerly Jackson Spiritual Center), at 1805 East Ganson Street, Jackson, MI 49202. For more information contact Jaime at (517) 416-1088, email jaime@hgmusictherapy.com, or visit hgmusictherapy.com OR Kimberly at (310) 502-9367, email info@singingforyoursoul.com, or visit singingforyoursoul.com.

Sacred Gong Bath with Coach Bill Sullivan • Friday, June 21 • 7:00 p.m. • Join Coach Bill Sullivan of Meditate School of Mindfulness and Sound for this transformational session using more that 12 sacred gongs. $40. For more information contact Rob at (248) 962-5475, email rob@robmeyerkukan.com, or visit7notesnaturalhealth.com.

Meditation Concert of Sacred Songs and Healing Chants in Candlelight with Norma Gentile • Friday, June 21 • 8 to 9:30 p.m. • Sacred Songs and medieval Healing Chants sung in full candlelight. Norma creates a colorful harmonic tapestry with singing bowls and audience toning, upon which she sings chants composed nearly a thousand years ago by the seer and saint, Hildegard of Bingen. Suggested Donation: $20-$25. For more information visit healingchants.com.

Summer Solstice SING! - a special Folk Song Jam Along with Jean Chorazyczewski and Lori Fithian • Saturday, June 22 • 7 to 9:00 p.m. • Join us for a musical celebration of summer solstice! We'll have a special set of songs picked out - bring your voices and/or instruments and jam along! We'll meet at the Interfaith Center for this one. All are welcome! FREE, donations to the center are welcome. For more information contact Lori at (734) 426-7818 or email folksongjamalong@gmail.com.

Sound & Vibrational Therapies Double Certification Course with Bill Sullivan • Monday, July 6 to Thursday, July 9 OR Saturday, August 10 to Tuesday, August 13 • 10:00 a.m. to 6:00 p.m. • This interactive training is centered around the teaching of Sound Healing & Vibrational Therapies. Our intention for this amazing interactive training is to not only share the theory, science, and practices of sound healing, but to give you "hands-on" experience. $1,590. For more information contact Rob at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Sound Bath & Gallery Reading with Rob Meyer-Kukan • Friday, July 12 • 7 to 8:30 p.m. • Join Sound Therapist, Rob Meyer-Kukan and Psychic/Medium, Rev. Dr. Ryan Mehmandoost-Gauthier for this time of sound bath meditation including a gallery reading. $50. For more information contact Rob at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Sound Bath with Rob Meyer-Kukan • Friday, August 2 • 7 to 8:30 p.m. • Join Rob Meyer-Kukan for this sound bath meditation where he will use singing bowls, gongs, and more to create a gentle soundscape perfect for deep relaxation and peace. $40. For more information contact Rob at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Sound Bath Meditation with Rob Meyer-Kukan • Sunday, August 25 • 7:00 to 8:15 p.m. • Join Rob Meyer-Kukan for this sound bath meditation in the Gallery at the PARC in downtown Plymouth, Michigan. In this time of sound bath, Rob will play metal and crystal singing bowls, with drums, chimes, and more washing you with sounds intended to bring calming vibrations to reduce stress and ease tension. $40. For more information contact Rob at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Resources for Conscious Living

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Parenting

Kabbalah for Parents & Children with Karen Greenberg • Sunday, June 23, July 21, & August 18 • 1 to 3:00 p.m. • Utilizing movement, multi-sensory input, color, and experiential learning, we build self-esteem of spiritually evolved children (not reinforce feelings of being damaged, defective, disordered, dysfunctional). Journeying through the Tree of Life, we aid in organizational skills, navigating low-vibrational emotions, relationships, setting healthy boundaries. We encourage children in discovering and fostering their authentic selves' genius and purpose. Future dates TBA. $50. For more information contact Karen at (734) 417-9511, email krngrnbg@gmail.com, or visit clair-ascencion.com.

Personal Growth

Stop Sabotaging Your Self-Care Course with Christy DeBurton • Self-Paced • In this compact, powerful self-paced course you'll get at the root causes of your self-sabotaging habits. Learn effective tools to set healthy boundaries without the guilt. Banish burn-out, overwhelm, and resentment. Be inspired to eat healthy, sleep well + live better in your body. $19. For more information contact Christy at info@christydeburton.com or visit yogaroomannarbor.com.

Creative Problem Solving: Awaken Your Potential with Eckankar, The Path of Spiritual Freedom • Saturday, June 15 • 11:00 a.m. • Discover how using your divine imagination can make your life more meaningful and reveal better ways to handle troubling situations. This comprehensive program, alongside youth activities, will explore how each challenge is an opportunity for Soul to unfold towards its God-given potential. Everyone welcome. 11a.m.-4:30p.m. At the Dexter Library. FREE. For more information call (248) 546-9224or visit eckmi.org.

Reiki

Shoden Level I Reiki Certification with Courtney Fitzpatrick • Saturday, June 8 & Sunday, June 9 • Saturday 1 to 6:00 p.m. & Sunday, 9:00 a.m. to 4:00 p.m. • We will learn traditional Japanese meditation techniques, the history of Reiki and gain a clear understanding of energy work. We will also learn to practice on ourselves and share Reiki with others. Early Bird Special $240 until May 15 or $275 (includes manual). For more information contact Courtney at (734) 808-4007, email courtney@veraposeyoga.com, or visit veraposeyoga.com.

Usui/Holy Fire Reiki Certification with Paula A. Burke • Saturday, July 13 & 20 • 10:00 a.m. to 2:00 p.m. • Come join the journey of delving into the reiki world and receive the positive benefits to your life for years to come. Become a certified Usui/Holy Fire 3 Reiki Practitioner, enroll today in our next set of classes. Join Usui/Holy Fire 3 Master Paula Burke in this simple, natural, and safe method of spiritual healing and self-improvement. Reiki I will take place on July 13, Reiki II on July 20. $133 each. For more information contact Paula at (517) 936-9064 or email diffusingpeace@yahoo.com.

Usui System of Reiki Healing, First Degree with Suzy Wienckowski • Saturday, July 13 & Sunday, July 14 • Saturday 10:00 a.m. to 5:00 p.m., & Sunday 10:00 a.m. to 1:00 p.m. • Reiki is a gentle, hands-on healing practice that promotes balance and harmony of the Body/Mind/Spirit. Reiki is easily learned by all and after initiation by a Reiki Master healing energy flows effortlessly through your hands. Class includes the history of Reiki, treatment form for yourself and others, and individual initiations. $200. For more information contact Suzy at (734) 476-7958 or email suzyreiki@aol.com.

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Okuden Reiki Level II Certification with Courtney Fitzpatrick • Friday through Sunday, August 23, 24 & 25 • Friday 5:30 to 8:30 p.m., Saturday and Sunday 1to 6:00 p.m. • At the Okuden Level II, we learn how to send Reiki remotely, we learn three different symbols which change the landscape of your connection and experience with Reiki, and we even learn how to Reiki situations etc. - for the highest and best to occur. $625 or early bird $560 until Aug. 3. For more information contact Courtney at (734) 808-4007, email courtney@veraposeyoga.com, or visit veraposeyoga.com.

Retreats

Personal + Mini Wellness Retreats with Christy DeBurton • Ongoing • When you don't have the time or budget for a full weekend retreat but just need a little 'me-time,' treat yourself to a Mini Retreat or a Personal Retreat to relax and renew. Visit website for pricing options. For more information contact Christy at info@christydeburton.com or visit yogaroomannarbor.com.

Living Our True Nature as Love: Vipassana, Pure Awareness and Practices of the Heart with Barbara Brodsky, Aaron, and John Orr • Sunday, June 2 to Wednesday, June 12 • Sunday 7:00 p.m. through Wednesday 9:00 p.m. • We are the Light we seek; together, let us move toward that vital realization as we seek to restore and deepen harmony and joy in ourselves and the world. A focused meditation retreat helps us to connect with our inner light and to share that light with others. Suggested donation: $180-$660. For more information contact the Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

Private Directed Retreat with Janene Ternes • Monday, July 15 from 2:00 p.m. through Friday, July 19 at 1:00 p.m. • Experience the serenity and clarity that comes from listening to God's Spirit within you. This retreat will provide time and space for solitude, personal prayer, quiet reflection, and daily spiritual direction. $450. For more information contact Janene at (734) 347-2422, email PrayerInMotionLLC@gmail.com, or visit prayer-in-motion.com.

A Retreat on the Mystics: Julian of Norwich & Thomas Merton with Joan M. Nuth & Joseph Raab • Sunday, July 28 from 7:00 p.m. through Wednesday, July 31 at 11:00 a.m. • Julian of Norwich is an example of what Bernard McGinn has called a "vernacular theologian." After briefly placing her in her historical context, I will describe the experience which precipitated her writings. I will analyze what is mystical about that experience and evaluate the importance of the theology which grew from it. Thomas Merton's Multi-Religious Mysticism: An exploration of Thomas Merton's encounters with non-Christian mystical traditions. Cost: Commuter: $180; Double Occupancy: $280 per person; Single Occupancy: $380. For more information contact the Weber Center at (517) 266-4000, email webercenter@adriandominicans.org, or visit webercenter.org.

Shamanism

Journey Circle with Judy Liu Ramsey • Thursday, June 6 & 20, July 18, August 1 & 15 • 7 to 8:30 p.m. • Explore concepts in your personal life path through shamanic journeying to receive information and tools to help you proceed with grace and ease. Pre-requisite: journeying skills. $25 per session or $40 per month. The first circle is free. For more information contact Judy at info@JudyRamsey.net or visit JudyRamsey.net.

Introduction to Journeying with Connie Lee Eiland • Sunday, June 23 • 10:00 a.m. to 5:00 p.m. • The six-hour in-person class includes power animal retrieval and journeying to Upper, Lower, and Middle Worlds. Journeying is done with drums and rattles. $80, two weeks before event price rises to $100. For more information contact Connie at (248) 809-3230, or email clshebear7@gmail.com.

Shamanic Healing for Animals 1 with Judy Liu Ramsey • Tuesdays from May 21 to July 23 • 7 to 9:00 p.m. • Explore perspectives for animal healing that draw upon core shamanic practices. Students develop a toolkit of techniques within supportive and experiential instruction from a professional animal communicator who also practices shamanism. Prerequisite: journeying basics. Knowledge of animal communication is not necessary. The class is taught via ZOOM. $400 per person, $200 for repeating students. For more information contact Judy at info@JudyRamsey.net or visit JudyRamsey.net.

Basic Journeying: The Art of Shamanism for Practical & Visionary Purposes in Daily Life with Judy Liu Ramsey • Saturday, May 25 & Sunday, May 26 OR Saturday, August 17 & Sunday, August 18 • 9:00 a.m. to 3:00 p.m. • The shamanic journey is a powerful tool to access spiritual information. Meet a compassionate spirit or power animal who wants to help you at this time. Learn how to develop a practice of empowerment, so you can balance, moving intentionally through the world. This class is a prerequisite to more advanced shamanic studies. Taught online via ZOOM. $180 per person, $90 for repeating students. For more information contact Judy at info@JudyRamsey.net or visit JudyRamsey.net.

Healing With Spiritual Light with Connie Lee Eiland • Saturday, May 26 from 10:00 a.m. to 7:00 p.m. and Sunday, May 27 from 10:00 a.m. to 4:00 p.m. • This in-person class brings in quantum physics as we work with the unlimited

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Ann Arbor-based Annie Bacon & her Oshen album release show at The Ark on June 16th

Ann Arbor-based Annie Bacon & her Oshen will have an album release show at The Ark features songs from her new album *Storm*— a gentle folk-rock/Americana journey through the most difficult time in one woman's life.

On her fourth LP, Bacon lays her soul bare as she confronts broken hearts, death and the loss of her own identity, all while utilizing the strengths of folk music's sincerity in storytelling and rock n roll's engagement with our primal emotions. It' a mature album of heart-on-your-sleeve intimacy and powerfully vivid honesty.

The album kicks off with the soft-rocker "Secret Broken Heart," with its big guitars that give way to Bacon's luscious voice and gorgeous harmonies. Stylistically, it lands somewhere within the "Dreams" of Fleetwood Mac, The Cranberries, and Brandi Carlile. She sings about self-sacrifice and hiding your feelings for the sake of others, perhaps to your own detriment. "She's got a shimmer from a secret broken heart / You can see it if you look at her real hard / She drives around crying in her car / Another earthquake ripping another little scar." At its core it's a reminder that we never know what someone is going through, because so many of us hide our grief away.

"Walk A Little Farther" is a dark meditation for a broken heart. It confronts wallowing in darkness while holding back crying out in desperation. Its plucky, syncopated pace urges you to take a step, and then one more, to move just a little bit faster than your pain. Its outro works as a prescribed mantra for those who need to hear it, urging them to "walk a little farther / start again."

"I would go for long walks," said Bacon, "I knew that if I stopped, my grief was going to overwhelm me. I musically wanted to capture that feeling. I got into this habit of: walk, home, shower (let it burn), say a prayer, write a song. We shot the video near the Huron River in Ann Arbor, where I'd take my walks. I wanted to get the feel of the dreamscape and sadness I was feeling at the time. Grief doesn't stop. It happens in the daytime. It happens all the time. My walk felt neverending, like I just had to keep going."

The album ends with the gentle Lorretta Lynn meets Hurray for the Riff Raff acoustic-folk hush of "Worry," a soothing balm that closes the record with a message of hope. "Maybe if I worry every angle / I can cut pain off at the pass / Or maybe worry is the trouble / Maybe I should worry a little less," she sings.

Bacon made this album with Paul Defiglia (Avett Brothers, Langhorn Slim, Erin Rae, Twain) at his Daylight studio in Nashville with engineers Kate Haldrup (Sam Bush, Liz Cooper, Lilly Hiatt, Erin Rae) and Wil Tsyon.

"I knew that I could only work with Paul to make this really tender project," says Bacon, "even though it was going to mean traveling to Nashville. There's nowhere else on earth that's safe enough for me to go where I needed to go on this record, psychically and spiritually."

On Storm, Bacon provided all the vocals and played her sunburst Les Paul guitar as well as co-producing with Defiglia who contributed bass, keys, synth, organ and drum machine. Defiglia brought in a couple of ringers: Bacon's college friend Thomas Bryan Eaton (Miss Tess) on guitars, pedal steel & mandolin, and Nashville jazz-drumming phenom Anson Hohne who rounded out the group on percussion. Hohne, as a composer, played with an uncanny sense of sound, space, tone and expression. Bacon came to them with 14 songs and they immediately tapped into something magical. Nearly unrehearsed, they played with a symbiosis, knocking all of the songs out in two days, with a third day for pickups. Mike Clemow and Wade Strange mixed the record at SeeThruSound in New York City, and it was mastered by Piper Payne (Janis Ian, Dolly Parton, LeAnn Rimes) at Neato Mastering in Nashville.

Her backing band, Oshen, is a rotating cast of players that's changed as she's moved from Oakland to San Francisco to Ann Arbor, Michigan. "When I lost my faith," Bacon says, "the ocean gave it back to me. My 28-year-old self thought it would be fun to spell it phonetically: O-s-h-e-n."

Her first album Live at the Red Devil Lounge (2011) was recorded live from the soundboard, capturing a very special night two days before Christmas with Savannah Jo Lack (Lord Huron, Alanis Morissette, Rod Stewart) on violin and James Nash (The Waybacks, Elvis Costello, Emmylou Harris, Bela Fleck) on guitar and mandolin.

Bacon found out she was pregnant when she began recording Light to See Dark (2012), and her son was born a week after the album was mastered. The children of her long-time bandmates Elizabeth Greenblatt and Cristian Hernandez (who also engineered, produced, and mixed the album) would play in Bacon's home studio in the tower of an old Sears building in San Francisco while they recorded for months. Standout track "A Pounding Corps of Drummers" holds a special place in Bacon's heart as it was her late father's favorite of her songs.

It was time to turn the tides.They packed up and left the Bay Area for Ann Arbor, Michigan. Bacon wasted no time and quickly found a place in an incredible folk music scene. "I had to break things down and start all over again. Thankfully, the Michigan community opened its arms to me," says Bacon.

[Learn more about Annie Bacon & her Oshen or Get tickets]

The Crazy Wisdom Calendar

May through August 2024

powers of the universe. In healing with spiritual light, we become light, love, and gratitude. Healing is through the Law Resonance, in some ways like a tuning vibrating to a certain pitch. This method awakens the divinity within the client. $200 until May 11, $230 after. For more information contact Connie at (248) 809-3230, or email clshebear7@gmail.com.

Shamanic Gardening with Judy Liu Ramsey • Saturday, June 1 • 9:00 a.m. to 4:00 p.m. • From vision to harvest, take the steps to manifest your life dreams and goals through shamanic gardening. Learn how to work with your blocks and challenges so that everything contributes to your growth and synchronizes with your own pace and flow. Pre-requisite: basic journeying. The class is taught via ZOOM. $90 per person, $45 for repeating students. For more information contact Judy at info@JudyRamsey.net or visit JudyRamsey.net.

Connection & Empowerment with Connie Lee Eiland • Saturday, June 8 from 10:00 a.m. to 7:00 p.m. and Sunday, June 9 from 10:00 a.m. to 4:00 p.m. • This in-person class will improve your connection to Spirit, the Web of Life, and help clarify and strengthen your personal power. Included will be time in nature to assemble a medicine bundle. Journeys, partnered healing, and ceremony are included. $200 until May 25, $230 after. For more information contact Connie at (248) 809-3230, or email clshebear7@gmail.com.

5 Day Soul Retrieval Training with Connie Lee Eiland • Wednesday, July 3 through Sunday, July 7 • 10:00 a.m. to 5:00 p.m. • This in-person class is for people who want to bring soul retrieval into their practices. Participants will be trained in diagnosis, soul retrieval, and intensive aftercare to help with integration. There is an application process for this training, don't wait too long as the class size is limited to eight. The length of days will vary with some going into the evening for ceremony. $425 until June 15, $475 after. For more information contact Connie at (248) 809-3230, or email clshebear7@gmail.com.

Extraction: Illness & Healing from a Shamanic Perspective with Judy Liu Ramsey • Saturday, July 20 & Sunday, July 21 OR Saturday, August 24 & Sunday, August 25 • 9:00 a.m. to 5:00 p.m. • Learn about the spiritual connection to illness. From a shamanic perspective, explore different ways to "diagnose" an illness as well as to address its healing. Deepen your understanding of spiritual intrusions and learn ways to extract them. Prerequisites: Basic Journeying, Medicine for the Earth/Healing with Spiritual Light. In-person class. $220 per person, $100 for repeating students. For more information contact Judy at info@JudyRamsey.net or visit JudyRamsey.net.

Basic Telepathic Animal Communication with Judy Liu Ramsey • Saturday, July 27 & Sunday, July 28 • 9:00 a.m. to 5:00 p.m. • Rediscover your natural telepathic communication skills with step-by-step instruction. Learn how to connect with animals the way they communicate with each other. It's a fun, creative, and fascinating window to the world around us! Join us for this amazing class. Online via Zoom. $160 per person, $80 for repeating students. For more information contact Judy at info@JudyRamsey.net or visit JudyRamsey.net.

Healing Curses & Spells with Connie Lee Eiland • Saturday, August 24 from 10:00 a.m. to 5:00 p.m. and Sunday, August 25 from 10:00 a.m. to 4:00 p.m. • This in-person class involves recognizing the importance of words and energy for health and well-being. Participants will learn to recognize curses and how to remove them safely. Methods of healing come from Peruvian, Hawaiian, and Tibetan shamanic practices. Class size limited to eight. $200 until August 10, $230 after. For more information contact Connie at (248) 809-3230, or email clshebear7@gmail.com.

Spiritual Development

Creative Problem Solving: Awaken Your Potential with ECKANKAR, The Path of Spiritual Freedom • Monday, June 15 • 11:00 a.m. to 4:30 p.m. • AWAKEN YOUR DIVINE CREATIVITY! We all have problems: big or small, complicated or simple, yours or someone else's that impact you. We face daily challenges and overwhelming situations that involve health, finances, relationships, and work. We each have the divine ability to harness our creativity and move into higher states of awareness and freedom from the limitations of mind, emotions, karma, and reincarnation. With this spiritual freedom comes unconditional love, wisdom, and responsibility. Youth and family activities available. FREE. For more information contact (248) 546-9224, HU4Heart@gmail.com, or visit eckmi.org/special-event-awakenyourpotential.

Learn To Read the Akashic Records: Beginner with Shellie Powers • Times & Dates Vary • Discover the most direct path to access Soul-level wisdom applicable to any life situation, consistently and reliably, using the time-tested Pathway Prayer Process©. Learn about the Akashic Records, the method of access, and develop your skills for successful navigation of the Records, for yourself and others, as a certified practitioner. Three, three-hour sessions. $360. For more information contact Shelly at (734) 926-8423 or visitpowers365.com.

Learn To Read the Akashic Records: Advanced with Shellie Powers • Times & Dates Vary • Experience the Akashic Records through the Pathway Prayer Process©. Encounter the energy and wisdom and further develop your skills for successful navigation of the Records, working in the Akashic Records for Energy Healing, Clearing Ancestral Patterns, and Reconciling Past Lives, as an advanced certified practitioner. Three, three-hour sessions. $430. For more information contact Shelly at (734) 926-8423 or visit powers365.com.

Sufi Gathering with Amam Ayubbi • Tuesdays through August 27 • 7 to 8:00 p.m. • Evening of Sufi discussion and chanting held on Zoom. $5-$10 per session suggested. For more information visit interfaithspirit.org.

Cultivating a Personal Relationship with G-D with Karen Greenberg • Sunday, June 2 & 9 • 1 to 4:00 p.m. • Sacred space, compose/ask questions of your Higher Power, decipher yes, no, or essay answers from your spirit vs. thinking in your head vs. emoting or having body sensations. Learn to trust, surrender, serve; express gratitude, awe, and be comforted, healed, protected, and guided by G-D. Compose prayers and feel close to G-D. $90. For more information contact Karen at (734) 417-9511, email krngrnbg@gmail.com, or visit clair-ascencion.com.

Teilhard de Chardin: Book of Hours with Kathleen Deignan & Libby Osgood • Wednesday, June 5 • 7 to 8:30 p.m. • A contemplative reflection with Sisters Kathleen Deignan and Libby Osgood as they describe how they discovered the "found prayers, poems, and hymns" of Jesuit priest-scientist Father Pierre Teilhard de Chardin and wove them into a Book of Hours for daily prayer. Registration required, $45. For more information contact the Weber center at (517) 266-4000, email webercenter@adriandominicans.org, or visit webercenter.org.

Become an Ordained Minister in the Order of Melchizedek with Rev. Daniel Chesbro • Sunday, June 9 • 1 to 5:00 p.m. • As an ordained priest, you will be able to perform legal weddings, baptisms, funerals, memorials, sacred rituals, and ceremonies. Those who do healing work, energy work, body work, or intuitive readings/counseling may wish to become ordained, as a form of legitimacy and protection and as a statement of their spiritual path. $199. For more information contact Amy at (734) 358-0218 or email amy@enlightenedsoulcenter.com.

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Spiritual Development continued...

Astral Travel, Including Heavenly Travel with Karen Greenberg • Sunday, June 9, 23, July 7, 14, 21, 28, August 4,11,18, 25, • 5:00 to 9:30 p.m. • Part One: Learning what is in G-D's Will, 7 spiritual dimensions, 12 physical dimensions, Archangelic master cell readings, incarnation. Part Two: Preparing ourselves and our space for astral travel. Part Three: Different spiritual dimensions, Akashic records, gates of heaven. Part Four: Celestial locations. Part Five: Different star systems and universes. All previous parts must be completed before advancing. Future dates TBA. $99 per session; 15% discount for each group of four sessions paid up front. For more information contact Karen at (734) 417-9511, email krngrnbg@gmail.com, or visit clair-ascencion.com.

Through the Other End of the Telescope with G. Arthur Weidman Second Saturdays, June through August 6 to 7:30 p.m. Discussion of Metaphysical Matters, Emotional Intelligence, Consciousness as Part of the Quantum Field, and Intentional Creating. $8.00 suggested donation. For more information contact gweidman97@gmail.com. Held in the Crazy Wisdom Community Room.

Witches Night Out • Second Wednesday of the month beginning June 12 • 6 to 8:00 p.m. • We're excited to announce that Witches' Night Out is BACK! Crazy Wisdom has reopened their beautifully renovated upstairs space and is ready to host our monthly gatherings again! While the tearoom is no longer upstairs, you're welcome to bring your own food and drinks (just avoid anything too messy). Join like-minded individuals on the second Wednesday of each month to discuss upcoming events, share topics of interest, and answer questions. This is a judgment-free zone, open to everyone! We start setting up right after 5 PM, and by 8 PM, we'll head downstairs to shop. Come to share, listen, learn, and enjoy the gorgeous new space. Everyone is welcome!

Finding the Heart of Compassion with Lou Weir • Wednesday, June 26 • 6 to 7:30 p.m. • The tender presence of compassion helps us to be less timid about exploring the places that scare us. These teachings will help us to see the ways we close our hearts and support our natural compassion and holding of experience. FREE. For more information contact Lou at diamondworkmichigan@gmail.com

Sustainable Living Skills

Natural Building Internships at Strawbale Studio with Deanne Bednar • Monday, July 1 to Sunday, July 28 • Experience a variety of natural building skill while living & learning on-site at Strawbale Studio. Classes & Hands-on: Foundation, Round pole framing, Thatched & Living Roof, Strawbale walls, Earth Plaster & Cob. Enrichment: Earth Oven, foraging, mushroom log fruiting + more. Some ½ pay worktrade available. $1250 / $950 1 month in advance. Includes room & board. For more information visit strawbalestudio.org.

Learning Tour at Strawbale Studio with Deanne Bednar • Monday, June 22, & Saturday, August 17 • 10:00 a.m. to Noon • Tour the Strawbale Studio & other enchanting natural buildings with thatched & living roofs, Strawbale walls, earth plasters and sculptures! See Rocket Stoves, Earth Oven, Mushroom Garden & more! Ask lots of questions! You may also want to register for the workshop scheduled that day. See website for natural building & craft classes! $20. For more information visitstrawbalestudio.org.

Sustainable Skills Worktrade at Strawbale Studio with Deanne Bednar • Saturday, June 1 through Friday, June 28 OR Thursday, August 1 through Wednesday, August 28 • A unique opportunity to live and work onsite at Strawbale Studio, helping with the grounds, natural buildings and infrastructure, while also being taught sustainable living skills. Nature, purpose, contribution, learning! Includes basic room & board. 25 hours of worktrade a week. For more information visit strawbalestudio.org.

Tai Chi, Martial Arts, and Self Defense

Chen Tai Chi Chuan with Joe Walters • Ongoing Tuesdays, Thursdays, and Saturdays • 4 to 5:00 p.m.• Instruction in Chen Family Style Tai Chi Chuan. Stance training, silk-reeling exercises, and Chen forms. FREE. For more information email Joe at annarbortaichi@gmail.com or visit annarbortaichi.com.

Wu Style Tai Chi Chaun with Marylin Feingold • Sunday, May 5 through August 25 • 4 to 5:00 p.m. • Learn the ancient art of meditation in motion with this "soft style" martial art emphasizing relaxation and balance. In-person, no meeting on May 26 and July 28. Drop-in, $5 per session collected at the door. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

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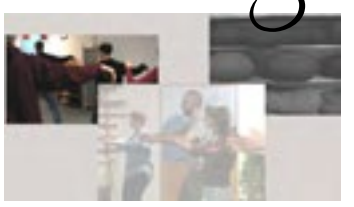

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Garden Juju Collective

From Our Archives

Bridget O'Brien and Charlie Brennan, earth tenders and owners of Garden Juju Collective. Visit gardenjujucollective.com.

By Hilary Nichols • Photos by Marcelo Paternoster

Water, sun, and soil might seem a simple enough equation for a house plant, but a home garden can be more of an intricate undertaking. Shade or sun, frost or flood, drought or disease—the shifting conditions can challenge any green thumb. That's when we turn to the experts. Bridget O'Brien and Charlie Brennan of Garden Juju Collective are in a long-term relationship with the earth. "Simple isn't always quick," they reminded me. Bridget and Charlie tend the land with both hands and long vision, so that a well-designed fix can be properly applied and nurtured in time. It might take a fleet of earthmovers and months of remediation, but the relationship of the water, sun, and soil can be remedied to become sustainable and self-sufficient, just as nature intended it to be, "on pace with the seasons."

Shade or sun, frost or flood, drought or disease—the shifting conditions can challenge any green thumb.

With 45 years of combined professional devotion to earth tending, Bridget and Charlie have earned their expertise the hard way. It is a passion that comes to these two naturally, but not without sacrifice. "Bridget and I have extremely strong convictions about what we are doing for the world, but it doesn't come without a cost," Charlie mused. The work is physical and arduous and not always that well supported. "We give everything we have back into it. But we wouldn't do anything else. We feel very privileged to be doing exactly what we want to be doing. It's our life's work."

O'Brien was working as a landscaper when clients asked for plantings with little or no maintenance. Her research led her to the discovery of permaculture. The Oxford Dictionary defines permaculture as "the development of agricultural ecosystems intended to be sustainable and self-sufficient." The practice is commonly credited to Bill Mollison and David Holmgren because in 1978 they began to teach more traditional farming methods in the face of the damage done by modern industrialized approaches. O'Brien invested in their books and their belief system. She received her Permaculture Design Certification from the Midwest Permaculture Institute in 2012 and quickly started to expand the notions of permaculture toward her greater life pursuits. "I was coming to this study just as I was moving from a place with a big yard to a little rental property in town. So, I began to consider the practices more holistically, to see how I could apply the principles beyond land use toward my whole life." Her enthusiasm inspired her first trip to Australia to visit David Holmgren's work.

With a PhD from Western Sydney University in NSW Australia, and a Masters from the school of Social Ecology/Ecopsychology, Charlie Brennan applies his expertise to more than the soil. His understanding of how place and purpose impacts the quality of our life is a crucial component to his work. In 2016, Brennan came to Ann Arbor to design a large installation and needed some help. Mutual friends suggested O'Brien for her interest and expertise. Their common work ethic and belief systems made it clear that they shared something more than their love of the land. They married in 2018 in a destination wedding in Ireland and have combined their efforts internationally ever since.

Read the rest of the article online!

Where can you pick up a copy of The Crazy Wisdom Community Journal?

You can find *The Crazy Wisdom Community Journal* in many places around Ann Arbor and in surrounding areas. Here's a sample of places around town where you can pick up a copy of the current issue:

Ann Arbor:

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The Crazy Wisdom Calendar

May through August 2024

Tai Chi, Martial Arts, and Self Defense continued...

Tai Chi Beginner's Class with Master Wasentha Young • Mondays AND/OR Thursdays, May 6 through August 8 • Mondays 10 to 11:15 a.m. AND/OR Thursdays 6 to 7:15 p.m.• Tai Chi, often characterized as mindful meditation, is a series of postures linked together in a continuous flow. It integrates the mind and body, promotes relaxation, as well increases balance and concentration. You can attend both sessions at no extra cost! (limit 12 in-person). For more information contact the Peaceful Dragon School at 734-741-0695, email info@peacefuldragonschool.com, or visit.peacefuldragonschool.com.

Eight Form Tai Chi (Yang Style): Meditation in Motion with Michelle McLemore • Sundays, July 14, 21, & 28 • 1 to 2:30 p.m. • Improve balance, deepen breath, heighten energy flow, and settle into alpha brain waves by learning gentle movements coupled with Qi Gong and grace-giving warmups over three Sunday afternoons. Optional tea following. Outside if good weather. Ages 13 and up. Pre-register. $30. For more information contact Michelle at (517) 270-0986, email energy@michellemlemore.com, or visit michellemclemore.com.

Women's Health

The Ultimate (Peri)menopause Guide with Christy DeBurton • Self-Paced • This guide will help youlearn about the different stages of (peri)menopause + the most common symptoms; gain knowledge about how to balance your hormones naturally through diet, supplements, herbs + self-care; learn techniques to lower stress and improve your sleep; identify how to exercise smarter for this time of life. $19. For more information contact Christy at info@christydeburton.com or visit yogaroomannarbor.com.

Writing and Poetry

Crazy Wisdom Poetry Series with Edward Morin, David Jibson & Lissa Perrin • Workshops: Wednesday, June 12, July 10, & August 14; Readings: Saturday, June 26, & July 24 • 7 to 9:00 p.m. • Crazy Wisdom Poetry Series. Hosts: Edward Morin, David Jibson, and Lissa Perrin. Workshop writers discuss their poetry and fiction. Open mic and featured guest readings: Yousef el Qedra, Khaled Jumaa (5/22); Hedy Habra (6/26); Robert Fanning (7/24). Sessions virtual and accessible through Zoom. FREE. For more information contact Edward at (734) 668-7523, email eacmorso@sbcglobal.net, or visit cwcircle.poetry.blog.

5th Annual Write 4 Insight: Irish Hills Writer's Retreat with Michelle McLemore • Saturday June 18 & Sunday, June 19 • Saturday from 10:00 a.m. to 6:30 p.m. & Sunday 10:00 a.m. to 4:00 p.m. • 1-2 days for writing craft discussion, drafting on your current projects, and self-care time for nurturing or mentoring. Special topic: How do our heart, throat, and brow chakras impact our writing? Assistance if desired on self-exploration via poetry and memoirs. Stay on site for additional fee. Ages 18 and up. Pre-register. $75 one day; $130 both days. Meals and snacks provided. For more information contact Michelle at (517) 270-0986, email energy@michellemlemore.com, or visit michellemclemore.com.

Yoga

Yoga Your Way with Christy DeBurton • Ongoing • Aqua Yoga, Hatha, Vinyasa + Yin Yoga, private sessions, hybrid online courses, retreats, and more. For more information contact Christy at info@christydeburton.com or visit yogaroomannarbor.com.

Open Level Yoga with Michele Bond • Ongoing Sundays, Tuesdays, & Saturdays • Sundays, 4 to 5:30 p.m., Tuesdays, 6 to 7:30 p.m. & Saturdays 10 to 11:30 a.m. • Each student is encouraged to honor their own unique abilities and limitations in this mixed level class, with variations offered for all levels. Our method blends the science of biomechanics with an openhearted, uplifting philosophy. Learn to look for the good in yourself and others as you enjoy a dynamic practice. $15 if registered for the semester, $20 drop in with instructor's permission. For more information contact Michele at (734) 358-8546, email michele@yogahouseannarbor.com, or visit yogahouseannarbor.com.

Tuesday and Thursday Yoga with Jillian Diwan • Ongoing Tuesdays and Thursdays • 10 to 11:00 a.m. • Ashtanga-based yoga for every body! Limited space. $15. For more information email Jillian at jill@jamhandsbodywork.com.

The Practice with Michele Bond • Ongoing Wednesdays • 6 to 7:30 p.m. • Great for athletes or anyone looking for a strong practice. Enjoy increasing core strength, enhancing flexibility, agility, balance, and mental focus with this fun and

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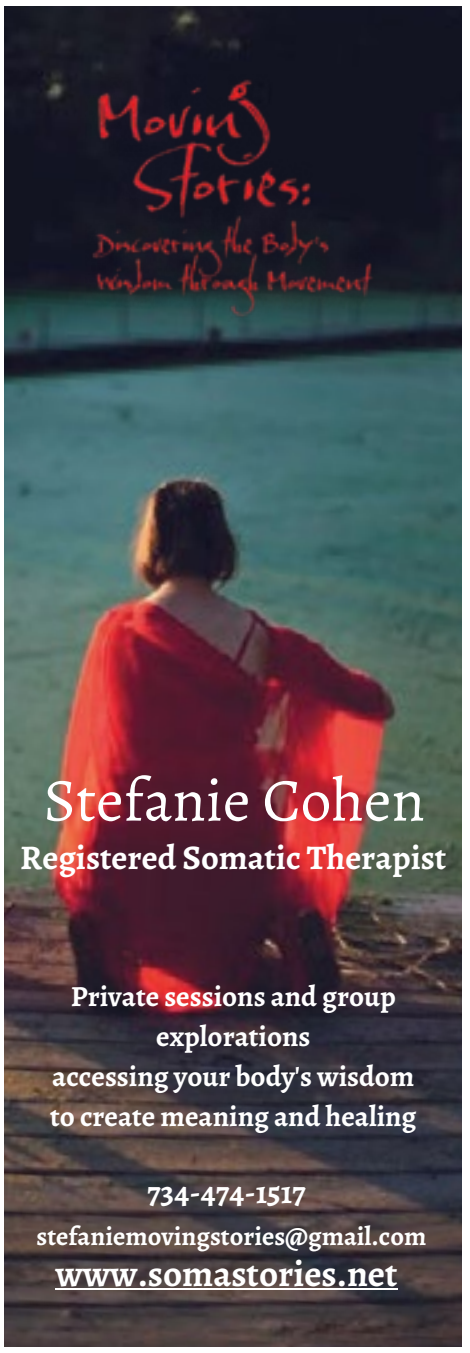

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The Crazy Wisdom Calendar

May through August 2024

energetic practice. Students gain so much mind/body/spirit wisdom that they return year after year to enjoy this life enhancing practice. $15 if registered for the semester, $20 drop in with instructor's permission. For more information contact Michele at (734) 358-8546, email michele@yogahouseannarbor.com, or visit yogahouseannarbor.com.

Yoga Essentials with Michele Bond • Ongoing Thursdays • 6 to 7:30 p.m. • For those new to yoga, or new to this system. Learn universal principles of alignment that are an invaluable aid to learning the postures, deepening your understanding of the body, developing a yoga practice that is safe, joyful, therapeutic, and fun! $15 if registered for the semester, $20 drop in with instructor's permission. For more information contact Michele at (734) 358-8546, email michele@yogahouseannarbor.com, or visit yogahouseannarbor.com.

Saturday Morning Yoga with Jillian Diwan • Ongoing Saturdays • 10 to 11:00 a.m. • Ashtanga-based led yoga class for every body! Donation-based contributions. For more information email Jillian at jill@jamhandsbodywork.com.

Hatha Yoga with Samantha Lieberman • Thursdays from May 2 to August 29 • 9:15 to 10:15 a.m. • Sam loves the process of creating and offering safe yet challenging yoga sequencing. She enjoys sharing her love of yoga with all levels of students and is deeply honored to pass the gift of yoga to others. Bring your own mats. Drop-in $15 per session – First visit is FREE! Cash or Venmo at door. Seniors receive 10% discount. Discounted packages available. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Gentle Yoga Flow at Infinite Light Center with Paula A. Burke • Thursdays from May 2 through August 29 • Noon to 1:00 p.m. • Gentle Yoga Flow for everybody. Starting every class with a little meditation, offering a drop of essential oil, and then going into gentle yoga twists, bends, stretches, and long holds in luxurious poses will help with stress relief, mental & physical relaxation, and restoring energy. $10. For more information contact Paula at (517) 936-9064 or email diffusingpeace@yahoo.com.

Yoga + Sound with Rob Meyer-Kukan • Saturday, May 18 • 6 to 7:30 p.m. • Join Sound Healer, Rob Meyer-Kukan and Yoga Instructor, Paul Barr for this heartfelt pairing of Yoga + Sound at 7 Notes Natural Health. $40. For more information contact Rob at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Reiki & Yoga Experience: Rebalancing the Wheels of Life with Paula A. Burke & Andrea Anzalone • Sunday, May 19 • 2 to 4:00 p.m. • We invite you to join Andrea and Paula for a special event focusing on chakra balancing using Reiki and Yoga. This unique session will provide you with a deeper understanding of these healing arts and how they can be used to balance your chakras, promoting health and wellness from the inside out. $33. For more information contact Paula at (517) 936-9064, email diffusingpeace@yahoo.com, or visit diffusingpeace.com.

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see calendar listing on page 30 for more information

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